



AGAWAM

Advertiser-News

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"Your Hometown Newspaper"

Volume XXII Number 29

July 22, 1999

'Tis The Season For...

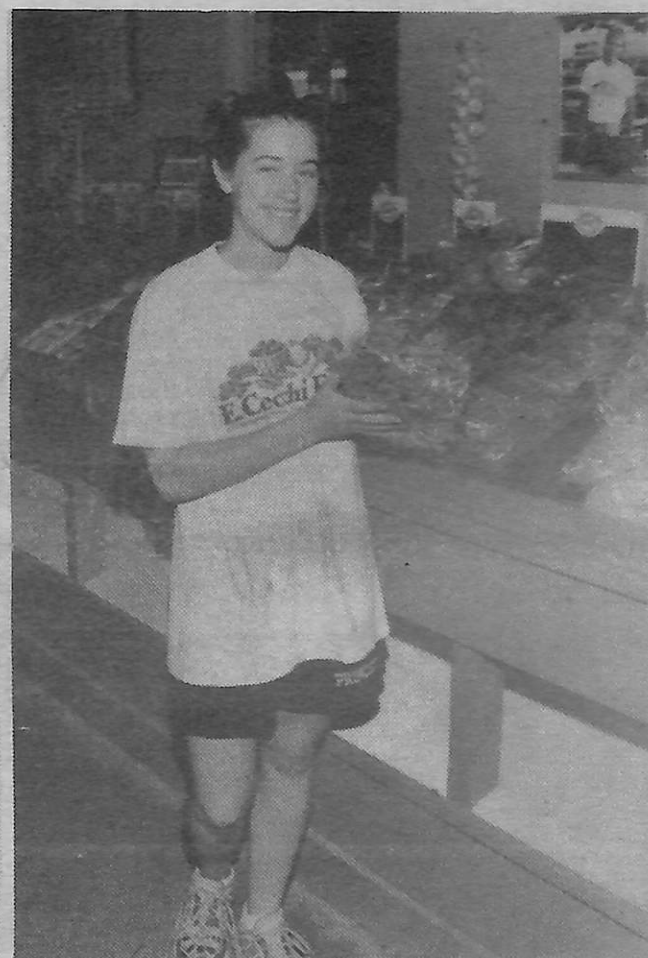
Corn, Corn, And More Corn!!!



IN TOP PHOTO: Richard Stepanik at his Feeding Hills farm stand. IN PHOTO BELOW: Gail Connor and Alice Stepanik.
Advertiser News photos by Jack Devine.



BOBBY CECCHI (left photo) and MELISSA CROUGH (right photo) at E. Cecchi Farms, which is currently preparing for its Annual Corn Fest (which is usually held in mid-August).
Advertiser News photos by Jack Devine.



See story and additional photos on Pages 2 and 6.

* * *



TOMMY AND DONNA CALABRESE are pleased to announce that their family-owned and operated stand, "Calabrese Farms," is now offering sweet corn for sale. In addition, "Calabrese Farms" grows and sells 18 different kinds of fruits and vegetables.

Agawam, Feeding Hills, And Southwick Are Up To Their "Ears" In Corn

by Kathy Shepard
Advertiser News Feature Writer

Massachusetts is ranked 10th nationally in sweet corn production. Our state farmland is ranked fourth in its value per acre, with 6,000 farms keeping 600,000 acres of land in productive open space. Agawam has been especially blessed with many farms and fresh vegetable stands, so we have gone to several local farmers to learn some of the methods used that create such wealth for the lucky local recipients.

Corn. Sweet corn, popcorn, Corn Pops, caramel corn, and Indian corn. Corn chips, corn oil, and cow corn. Native Americans made baskets and shoes from corn.

Local historian Edith LaFrancis tells in *Agawam, Massachusetts: A Town History*, of "The Silver Lake mill ... grinding corn during the Revolution ... After 1900, it was owned by Willard Crouss, who was the last one to operate the old mill as a grist mill."

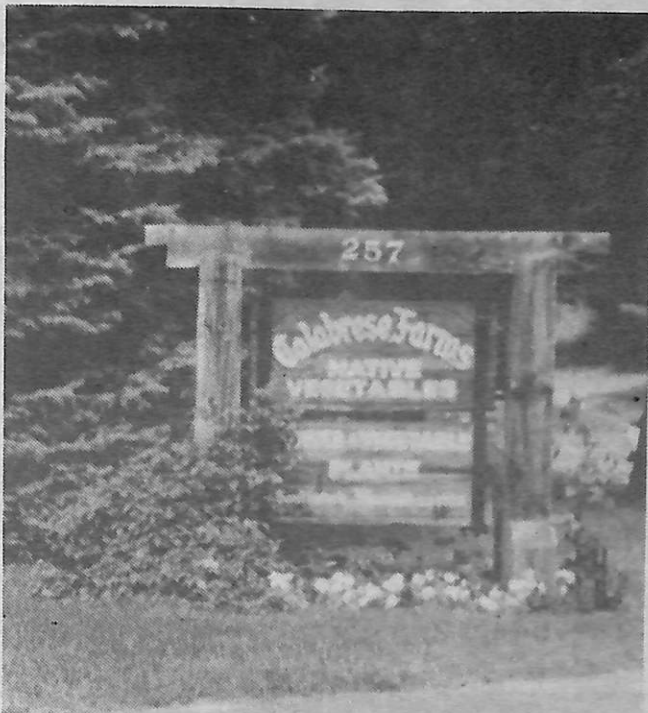
A woman across the street could "hear the two great stones grinding ponderously against each other, turning yellow corn into meal ... sounds long gone ... part of our history..."

According to *Native American Technology and Art*, 1996, by Prindle, Tara, "Corn or maize ... is a domesticated plant of the Americas." Over a period of thousands of years, Native Americans purposefully transformed maize through special cultivation techniques.

"By systematically collecting and cultivating those plants best suited for human consumption, Native Americans encouraged the formation of ears or cobs on early maize." It soon became an important source of annual diets and allowed families to remain in one spot from season to season.

According to a Penobscot man (Penobscot is a group of Native American tribes), a transformation of maize was needed for the shorter growing season of northern New England. Native Americans of northern New England gradually encouraged the formation of ears at the lower joints of the stalk by planting kernels from these ears.

"Eventually, as ears were regularly produced at the lower joints of the cornstalk, the crop was adapted to the shorter growing season of the



THE SIGN WELCOMING CUSTOMERS TO "Calabrese Farms" on Route 57 in Southwick. The stand is open from 8:00 a.m. to 7:00 p.m.

north and matured within three months of planting."

New England tribes, including the Mohegan in Connecticut and the Iroquois from near the Great Lakes, gave ceremonies of thanks for planting and harvesting of corn.

Ancestral kernels of Teosinte (the wild grass from which maize was developed) looked very different from today's corn. According to *Native American History of Corn*, "these kernels were

small and were not fused together like the kernels on the husked ear of early maize and modern corn."

We thought we would show, by featuring some special corn growers from our area, the many variations in style and method that continue to develop today in the growing of and caring for ... corn.

Cecchi Farm "Partners With Nature" For Corn, Other Vegetables

As August approaches, E. Cecchi Farms on Springfield Street, Feeding Hills is making plans for their Annual Corn Fest, usually held in mid-August and attracting more people each year. "It gets bigger and bigger," says Michael Cecchi. "We cook corn and other vegetables for free, ask for donations for charity, and we have been delighted by the number of people who have joined us for the event every year. Everyone has a great time, too."

A popular stopping point for many people, Cecchi's is a certified "Partners With Nature Grower," which means that they practice Integrated Pest Management and have met the state certification criteria. Three organizations collaborate to certify farmers practicing IPM: the Massachusetts Department of Food and Agriculture, the United States Department of Agriculture Farm Service Agency, and the University of Massachusetts Extension Service.

According to Craig Hollingsworth, extension specialist in the Department of Entomology at UMass, "The three organizations work to educate the public and to certify farmers doing IPM. UMass studies have shown that sweet corn growers can reduce their pesticide use by up to 40 percent. A major tool, for example, is use of the pheromone to monitor for corn ear worm. Pheromones are sex attractors for male ear worm. When there are no male moths in the trap, the farmer knows he does not need to spray."

SEE CORN - Page 6...

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Letters To The Editor

In Praise Of The Summer Pioneer Valley Soccer League

To The Editor:

Congratulations to all of the Agawam boys, girls, and coaches who took part in the "1999 Summer Pioneer Valley Soccer League." Playing your very best and having great sportsmanship is what really matters!

Thank you very much to the parents, relatives, friends, and volunteers who came out to the games. Your support and interest was fantastic!

Very truly yours,
Clyde E.P. Benton
Feeding Hills

Why Did Agawam's Board Of Health Vote Against The Ban?

To The Editor:

As expected, the Board of Health voted down the proposed restaurant smoking ban at its meeting Wednesday, July 14th. I witnessed the 2-1 vote firsthand. I knew prior to the meeting that there was widespread citizen support for the ban, but I didn't realize until the afternoon of the vote that 29 of the 42 restaurant owners are in favor of the ban as well, according to a survey conducted by health agent Randy White.

With a majority of residents and restaurant owners being for the ban, coupled with the knowledge that secondhand smoke is a proven health hazard, anyone other than an intellectual pygmy would have to assume that the Board would approve the ban, since it's the Board's job to protect the health of Agawam's citizens. Why, then, didn't the Board vote for the ban?

Dr. Michael Jawitz didn't offer an explanation when given an opportunity to do so at the meeting, but he has been consistent in his opposition to the ban, fearing to tread on individual liberties.

Paul Rannenberg said he would not support the ban unless it also applied to bars and outdoor functions, such as weddings, since smoking is unhealthy no matter where it occurs. I happen to agree with the wider ban, but I feel that a ban of such magnitude will incur much greater resistance, with little hope of being passed. Rannenberg should have approved the restaurant smoking ban first, and then worked on the wider ban later. But, no, he employed all-or-nothing thinking, and now we have nothing. It's like saying that we have a vaccine that will improve the health of half the citizens, but we won't use it until it's perfected to help all the people. Rannenberg shortchanged Agawam's health with his logic.

Rannenberg said he plans to introduce a wider ban at the Board's August 18th meeting. In light of the Board's disregard for Agawam's health, a resolution more likely to pass would be the Board renaming itself the **Board of Ill Health**.

Mike Marieb
Feeding Hills

Where Is The Outrage Over Board Of Health Vote?

To The Editor:

An Open Letter To The People Of Agawam:

On July 14, 1999 at 5:00 p.m., the Agawam Board of Health met for their monthly meeting. On the agenda for that meeting was a resolution for a ban on smoking in public places where food is being served.

The vote was two to one against the ban. Mr. Euliano voted "Yes," but Mr. Rannenberg and Doctor (yes, DOCTOR) Jawitz voted "No" and the resolution was therefore defeated.

Mr. Euliano gave a very intelligent and eloquent explanation of his "Yes" vote.

Mr. Rannenberg gave as one of his reasons for voting "No" was that he didn't think that three people should be telling 30,000 people what to do!!! Hello, Earth to Mr. Rannenberg — that is exactly what your seat on the Agawam Board of Health is supposed to do ... protect the health of the 30,000 people in Agawam. Civil rights are not the concern of your board; HEALTH rights are the concern of your board.

One other argument had to do with the possible monetary loss by some businesses. Civil rights and monetary loss should not be considered by the Board of Health, Mr. Rannenberg. Your main concern, and only concern, should be the HEALTH concerns of all of the people of Agawam.

DOCTOR Jawitz gave no reason for his "No" vote and did not explain why he was against the resolution.

I would like to explain that the resolution did not take away anyone's right to smoke. It was intended to protect the HEALTH of those who would like to eat in a clean air environment.

Of the restaurants that responded to the Health Board form, only 13 of the 42 were against the ban and 29 were in favor.

At the Public Hearing held in June by the Board, those that spoke were four to one in favor of the resolution. Mr. Rannenberg and DOCTOR Jawitz were present, but they certainly were not listening.

I think we should all be outraged at the vote of these two Board members. They certainly are not serving the best interests of the people of Agawam.

Their job, their only job, is to protect the HEALTH interests of the people of Agawam. There are other avenues to protect civil rights and monetary loss. The Health Department is not the place.

Edythe Chiba
Agawam

Board Of Health Is Not Serving Agawam Residents

To The Editor:

I would like for someone to please explain the logic behind the vote by the Agawam Board of Health against the proposed smoking ban in Agawam restaurants.

Mr. Euliano deserves thanks and congratulations for considering the health and well-being of Agawam's residents and visitors in his pursuit of this ban. On the other hand, it seems to me that Dr. Jawitz and Mr. Rannenberg have agendas of their own—agendas that do not include the health of the people of Agawam.

Dr. Jawitz doesn't feel it is right to regulate people's behavior. What are our laws for then, other than to regulate how people behave? From the Constitution of the United States to our traffic laws, the behavior and actions of people are regulated.

Laws are created for the safety and health of the people who live in our society. If a restaurant owner took shortcuts in the cleanliness of the restaurant or the safe-handling of the food it serves, the Board of Health would immediately be insisting that the restaurant follow the rules, or suffer the consequences. This is because unclean restaurants and mishandling of food endanger the health of the patrons of the restaurant. By the same token, smoking in a restaurant endangers the health of not only the patrons, but the people who work there as well. So, why should it be allowed?

Mr. Rannenberg voted against the proposal because he feels that the ban should be extended to bars. Why? Bars attract a different clientele than restaurants. It may be true that people who patronize bars also patronize restaurants, but not all people who patronize restaurants patronize bars—children and most senior citizens, for example. It will be interesting to see if Mr. Rannenberg follows through with his extended proposal in August. What I do not understand is why he didn't add to this proposal, or why he didn't make the extended proposal to begin with.

These men have done a great disservice to the people of Agawam. At the public hearing on this proposal, an overwhelming number of citizens spoke in favor of the ban. Sixty-nine percent of the restaurant owners surveyed said they favored a ban. Even many of our public officials are in favor of a ban. Who are these men serving? Obviously it is not the people of Agawam.

Sincerely,
Kathleen A. Mounemneh
Feeding Hills

Veterans' Corner...

by Ruth C. Bitzas
Veterans' Agent — 786-0400, Ext. 236/237

Third Annual Veterans' Council Golf Tournament

Once again, the Veterans' Council is seeking your support for our Annual Golf Tournament to raise funds for the Agawam Honor Roll to be built on Veterans' Green next year. Chris Sanchez, a member of the Veterans' Council, is chairman for this event and has great plans in the works for a fun day.

The event will be held on Saturday, August 21st, at St. Anne's Golf Course. The tee time start is 11:00 a.m., and the cost is \$65 per person (which includes greens fee, golf cart, door prize raffle, and a buffet dinner at the end).

Please register at the course a half hour prior to your assigned tee time. Friendly's Ice Cream will have a cart dispensing free ice cream on the green during the tournament.

After dinner, enjoy an awesome raffle whereby you could win cash, a trip, or a car.

Tickets will be available at the Agawam Town Hall's Veterans' Services Department, or call 786-0400, ext. 236/237. Please RSVP by August 6th.

Ten people are needed as volunteers to measure distances on the course. They must be able to stay in the sun for several hours, and should be familiar with the game of golf. Bring a chair and enjoy the game, and help us out in the process. Please call me at the office at the number listed above.

We've been working on this project and raising funds for the past six years. We've raised over \$28,000 toward our goal; if we do well here, and with one more Pancake Breakfast in the fall, we should have raised enough to go to our City Council for the additional funds needed to complete the project.

We appreciate anything you can do to help.

Fire Wise...

by Fire Chief David Pisano

How To Prevent Trash From Becoming A Fire Hazard

Trash. We all create it, we all dispose of it, but sometimes it can become a fire problem to us.

What we are really talking about is good housekeeping, and when we collect the trash we must make sure it does not come into contact with a heat source or create its own.

Keep attics, basements, and storage rooms clean and avoid storing concentrations of combustible materials — keep rubbish cleaned out.

Your home or workplace is often filled with disposable material, combustible material, or trash. All that awaits it is a match, cigarette, overheated furnace, or some other heat source to create property damage, injure, or kill.

The Agawam Fire Department reminds you to rid your home or workplace of rubbish, trash, old newspapers, worn-out clothes, and cardboard boxes. Take the trash outside for temporary storage, staged for removal and away from heat sources.

For further information, contact the Agawam Fire Department at 786-2662.

*All the hometown news
with us, every week...*

* * *



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Abe Kasparian Announces Candidacy For Mayor Of Agawam

Abe Kasparian is announcing his candidacy for Mayor of Agawam. He is tossing his hat in the ring in response to the public's interest in his political philosophy of "ethics first" in government.

A long-time public servant, Kasparian had held numerous positions that demonstrate his commitment to the community.

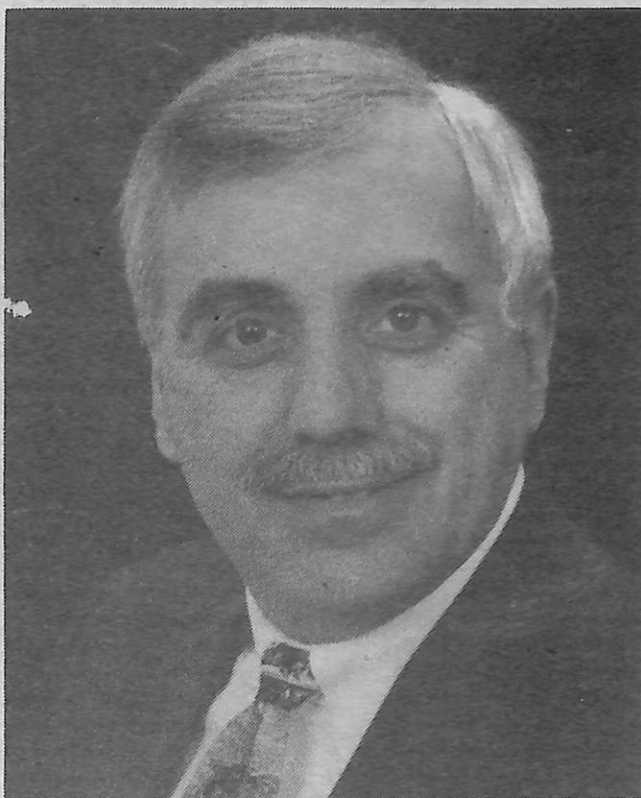
His first introduction to the world of politics took place when he was appointed by the City Council to the Agawam Industrial Development Authority. Kasparian was reappointed to this position by Mayor Christopher Johnson and remained in this capacity for a span of 10 years, during which time he rose to the position of Chairperson of the Committee. During this time period, Kasparian worked to increase the tax base revenue to the town of Agawam by helping to facilitate the growth of new industrial development sites, which created additional financial sources to stabilize our community.

Mayor Johnson further appointed Kasparian to the West Mass Development Board, where he combined his efforts with others to develop the Agawam Industrial Park.

In 1997, Kasparian ran a successful campaign for County Commissioner. During his term, he spearheaded plans that resulted in the reduction of the deficit of the County, and created a million-dollar surplus. Kasparian also committed time and effort to develop plans to create much-needed soccer fields and Agawam's own Senior Center, to be located on County-owned property at the corners of River and School Streets on approximately 50 acres of land.

Kasparian has donated his time and energies to the Agawam High Model Congress, where he guided the students through a process whereby they became the first High School students to introduce legislation and debate the relevant issues of their bill before the State Legislature.

A successful local realtor, Kasparian is a member of the Greater Springfield Association of Realtors, where he sits on two boards. The first board, The Government Affairs Committee, meets with federal and state legislators to voice the taxation and general real estate concerns of the local



ABE KASPARIAN

community. The second board, The Community Service Committee, acts as liaison between the association and local communities, conducting programs that serve the interests of the community.

Currently, Kasparian is working on a project to develop events to further the public's awareness of the Big Brother, Big Sister's mentoring services. The first annual event will be held in October at Riverside Park, which is the major sponsor of the event.

Kasparian holds a Bachelor of Science degree from Westfield State College and a Master of Education degree from Cambridge College. He is also a Notary Public.

Kasparian thanks the voters of Agawam for nominating him and welcomes the chance to further serve the community he takes great pride in, and asks that parties interested in supporting him in his bid for mayor contact him at his home in Agawam at 789-4406.

LEGAL NOTICE

TOWN OF AGAWAM LIQUOR LICENSING COMMISSION

LEGAL NOTICE

Notice is hereby given under General Laws Chapter 138, that Ferruccio's, Inc., Theresa Heckman, Manager, 1520 Main Street, Agawam, MA 01001, has applied for Transfer of License/ New Location at 319-321 Suffield Street, 369 Cooper Street, Agawam, MA. Proposed premises to be a banquet house/restaurant. Public Hearing to be held on Tuesday, July 27, 1999, at 4:00 PM in

the Faolin Peirce Community Room, Agawam Police Headquarters, 681 Springfield Street, Feeding Hills, MA.

LIQUOR LICENSING COMMISSION
John J. Chriscola, Jr., CHAIRMAN
Richard A. DiLullo
Robert Vanderhoof

Published: July 22, 1999

LEGAL NOTICE

LEGAL NOTICE

TOWN OF AGAWAM BOARD OF APPEALS

Notice is hereby given that the Board of Appeals will conduct a public hearing at the Agawam Middle School Auditorium, 68 Main St., Agawam, MA, on THURSDAY, AUGUST 5, 1999 at: 6:30 P.M., for all parties interested in the appeal of PRIDE CONVENIENCE, INC. who is seeking a Special Permit in accordance with Section 180-44, Paragraph I of the Zoning Ordinances, which would allow for the construction of a drive-up bank automated teller machine at the premises identified as: 6 NORTH WESTFIELD STREET.

Doreen Prouty
Acting Chairperson

Published: July 22, 1999

LEGAL NOTICE

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TOWN OF AGAWAM BOARD OF APPEALS

Notice is hereby given that the Board of Appeals will conduct a public hearing at the Agawam Middle School Auditorium, 68 Main St., Agawam, MA, on THURSDAY, AUGUST 5, 1999 at: 6:45 P.M., for all parties interested in the appeal of PRIDE CONVENIENCE, INC. who is seeking a Special Permit in accordance with Section 180-44, Paragraph H of the Zoning Ordinances, which would allow for a "Drive-thru" for a coffee/donut shop at the premises identified as: 6 NORTH WESTFIELD STREET.

Doreen Prouty
Acting Chairperson

Published: July 22, 1999

LEGAL NOTICE

LEGAL NOTICE

TOWN OF AGAWAM NOTICE!!!

You are hereby notified that a public hearing will be held at Agawam Middle School, 68 Main St., in the Town of Agawam, Massachusetts, at 7:00 o'clock p.m., on Monday, August 2, 1999 upon petition of BellAtlantic and Western Mass. Electric Company dated June 8, 1999 for permission to: install joint pole to improve voltage problem in the ways or parts of ways designated in said petition, along which designated route of line you are an owner of real estate as determined by the last preceding assessment for taxation.

Dated this 12th day of July, 1999.

Information regarding this petition may be obtained from Western Mass. Electric Company in Springfield, Tel. No. 785-5871.
PETITION NO. 1360

STREET Silver Street
Ursula Retzler
Clerk of the Council

Published: July 22, 1999

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CORN - from Page 2...

Most farmers have learned approaches both environmentally responsible and crop-productive, but, according to Michael Cecchi, "IPM includes several techniques which allows us to avoid unnecessary use. We use natural enemies, cultural controls, apply pesticides only when necessary, and we use the ones with the smallest impact on the environment, in the lowest dose from carefully calibrated sprayers. We have been using IPM on all our products for about 10 years and are very happy with the results."

Cecchi's has built a reputation of selling quality, fresh-picked foods and plants, and a large part of summer's charm includes a ride to the vegetable stand to enjoy the mouth-watering and healthful produce. People line up for the eggplant, blueberries, raspberries, strawberries, green beans, summer squash, potatoes, beet greens, broccoli, tomatoes, butternut and acorn squashes, and much more — and especially the sweet corn!

Michael Cecchi explains, "We grow about 25 acres of corn, mostly for retail at the stand. We do numerous plantings. Starting in April, corn is one of the first crops to be planted, so we will have corn from the end of June right through October. The corn is picked fresh every morning."

Located conveniently on Route 57 in Feeding Hills (near Sacred Heart Church), Cecchi's stand provides delicious and healthful foods from year-to-year for local families to enjoy.

Stepanik Hosts Wonderland Lights & Clean, Country Stand

Another local farmer, Richard Stepanik, hosts an immaculate fruit and vegetable stand in a charming country setting near St. Anne's Golf Course on Shoemaker Lane in Feeding Hills. Stepanik is a local legend for the wonderland light display he provides at his next-door home at Christmastime, but he is equally well-known for his quality produce, including sweet corn. "This year, we have 28 different varieties. We are using the Folton grow cover for our yellow, white, bi-color, and silver queen corns," he said.

"We pick corn at least three times a day, so it's always fresh. We have 72, 74, and 76 day corn," Stepanik continues, "and if a customer asks for something we don't carry, we bring it in for them."

Stepanik offers discounted prices for parties or other orders in quantity. For instance, all vegetables can be purchased by the case, or there is a break price at five or more dozen.

Alice Stepanik, Richard's mother, takes pride in the many positive comments from customers. "Everyone mentions that the stand is exceptionally clean and our help is always polite and friendly," she beams. "Most of our vegetables are our own," she says, pointing out the neat displays of hot peppers, cherry tomatoes, blueberries, corn, rhubarb, eggplant, green cabbage, kiwi, summer squash, green squash, zucchini, garlic, onions, dill, parsley, basil, and FRESH, FRESH corn.

When asked about the rigors of farming, Stepanik explains that it can mean arriving at places that open at 4:00 a.m. just to buy the freshest produce. If the weather is dry, you might get up at any crazy hour of the night to water the crops. "We like to get work done early when it's hot."

Rich Giordano buys fruit from Stepanik's often and says, "It's definitely the best fruit in town. Rich is a good, hard-working kid."

In addition to the wonderful and delightful fruits, vegetables, and herbs, Stepanik's sells bags of ice for \$1, an important feature during the hot spells of late. And when the heat waves are over, Richard has planted rows and rows of mums for the fall. And after the fall, it won't be long before the wonderland light show is up and shining again.

At Calabrese Farms ... It's The Time Of The Season For Sweet Corn!

Tommy and Donna Calabrese and their farm, located on Route 57 in Southwick, were recently the subjects of an article in the *Springfield Sunday Republican*. One of their four main products, sweet corn, was ready in time for the Fourth of July, due to a system of covering the seeds with plastic.

After planting the corn in the early spring and using this plastic method, Calabrese Farms is able to yield the "early sweet corn."

"Any gardener could accomplish this using the



E. CECCHI FARMS, located on Route 57 in Feeding Hills (near Sacred Heart Church), is a certified "Partners With Nature Grower." Advertiser News photo by Jack Devine.

plastic 'greenhouse' method," Tommy continues, "and about 10 to 15 percent of the farmers in this area do grow sweet corn in this way."

Calabrese Farms engages in some 15 different plantings, using a 78-day system that incorporates the planting of four different varieties at every planting. This results in the availability of many choices of the freshest possible corn every day. The first planting occurs in early April and the last around the 10th of July. They plant four different varieties at each planting, once a week, every week.

The kind of corn being picked is classified at harvest by how many days since planting. There are many varieties of sweet corn, and Tommy ticks off several names: "precious gem," "Sensor," "Lancelot," "July Gem," and "butter and sugar."

"... Lot Of Planning For Best Results ..."

"It takes a lot of planning for best results," he points out. "There are a million factors. Certain varieties take cold weather better than others, certain varieties only do well in New England. Some products prefer certain types of soil or they won't do well in a wet year."

"Dry weather makes it hard for us, but we have an irrigation system so we can produce our crops even though our weather has been so hot and dry. Without irrigation, we could lose the produce or have drastically reduced yields. Irrigation is a costly proposition. There is more water used, but we need extra help to move the pipes around and take care of the system," he adds.

They start sometimes before 5:00 a.m., sometimes 6:30 a.m. "We have a little time off in the winter, but we work straight through from spring during growing season," stated Tommy.

"But you have to have time for family and for play, too," he advises. Tommy and Donna have three children: Joe, 17; Michael, 14; and Danielle, who turned 11 on Mother's Day.

Joseph and Eleanor Calabrese, Tommy's parents, started the farm in 1952 and it has remained a family business ever since. Eleanor passed away about three years ago, but Joseph is still involved. According to Tommy, "Dad works more hours than I do." Tommy and Donna have been working on the farm for over 20 years, but about six years ago, they took over its operations.

"It's been a family-run business from the start," Tommy recounts. "Now my children are beginning to get involved, too."

Large Variety Of Fruits And Vegetables...

Calabrese Farms grows and sells 18 different kinds of fruits of vegetables, including sweet corn, peppers, cabbage, and tomatoes. They use the same type of system to yield fresh produce of many varieties on a daily basis.

Donna says, "We thoroughly enjoy farming. The



RICHARD STEPANIK with just some of the fruits that are available at his family's farm stand. Advertiser News photo by Jack Devine.

work is tiring, but it gives a sense of accomplishment to see product grow from seed, all the way to the grocer. We are proud that our stand involves our whole family, and we like to know that our customers feel welcome here. We try to always give friendly service, and we are glad to answer questions or help someone. We want the customers to feel at home."

Dianne Gale from Southwick told us, "I shop here almost daily because it is really convenient and everything is almost *super fresh*. You can see the produce coming right from the field to the stand. It's extremely clean, and Calabrese has whatever you want. Variety is here — fruits, flowers, vegetables, and even the eggs. The help is always very friendly, and they know where everything is practically as soon as it comes up to the stand."

Calabrese Farms' hours are 8:00 a.m. to 7:00 p.m. Their motto is, "The place where you can go for the finest native-grown fruits and vegetables." Calabrese Farms also has a large variety of flowers grown right at the farm.

Look for their stand on Route 57. It's a pleasant way to spend some time and still get the shopping done!

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From State Rep. Keenan's Office...

Managed Care Bill Passes State House Of Representatives

State Representative Daniel F. Keenan is pleased to announce that the House of Representatives has engrossed the Managed Care Reform Bill.

This bill has been a priority of the Legislature for over a year.

The major provisions of the bill include:

- Establishes essential consumer protections and offers consumers the ability to readily obtain information about how their care should be provided and their rights as a member of a managed care plan.

- Creates an interagency board responsible for ensuring that managed care and utilization review organizations are accredited and consumer rights to quality care are enforced.

- Adopts the prudent layperson standard of care to remove much of the uncertainty over whether emergency care should be covered by an insurer. This standard gives patients more power to gauge their own emergency care needs.

- Direct managed care organizations to adopt clear clinical standards in reviewing the necessity and appropriateness of care and requires that only the most appropriate clinicians make decisions regarding that care.

- Codifies in law a consumer's right to appeal a managed care organization's denial of care, including a full internal appeals process and appeals to impartial outside reviewers.

- Allows women to obtain OB/GYN services upon self-referral without a primary care physician's involvement and allows individual's with chronic diseases to obtain standing referrals to specialists.

"Our goal was to produce a bill that would strike a balance between improved health care and cost containment while not complicating the health care delivery system. The bill strikes such a balance," said Keenan. "It provides access to relevant information and timely appeal provisions to resolve coverage disputes. Underscoring the need for cost containment is the continuous pressure driving health care cost above inflation."

From State Rep. Dan Keenan...

Amendment To Address Medicare Issues In WMass.

Representative Daniel F. Keenan is pleased to announce that an amendment requiring the state to study the recent withdrawals of Medicare health insurance plans in Western Massachusetts was recently passed by the state House of Representatives as part of legislation imposing new regulations on the managed health care industry.

The bipartisan amendment, put forth by State Rep. John F. Merrigan (D-Greenfield) and co-sponsored by most of the Western Massachusetts delegation (including Rep. Keenan), directs the state Division of Insurance to study the Medicare marketplace and to recommend initiatives to achieve better stability.

"We continue to struggle with growing confusion and uncertainty with Medicare coverage, and this simply aims at looking at the problem and possible solutions," Keenan said.

Harvard Pilgrim Health Care recently announced plans to drop out of the Medicare market in Western Massachusetts. Kaiser Permanente has also announced its intentions to end all insurance coverage in the state by year's end. Harvard Pilgrim's decision affects 3,561 seniors, while Kaiser Permanente's decision will affect more than 93,000 Western Massachusetts residents. Kaiser Permanente serves 6,288 Medicare users in Western Massachusetts.

The Western Massachusetts Legislation delegation has pushed the Division of Insurance to conduct an investigative hearing in Western Massachusetts on the dwindling insurance options for Western Massachusetts' seniors, but the Division has, so far, refused the request.

These pullouts are just the latest in a series of events that are creating an uncertain future for seniors. Last fall, a federal court threw out a state law requiring some types of health maintenance organizations to provide unlimited drug coverage to seniors. That ruling, which went into effect on New Year's Day, reduced the unlimited drug benefits of about 75,000 seniors on Medicare statewide to between \$300 to \$800 per year.

— Obituaries —

Velma B. Hopkins

Velma B. (Rossi) Hopkins, 69, of Agawam, died recently at home.

She worked for the former Buxton Leather Corp. in Agawam and Sunshine Graphics of Springfield. She formerly lived in Springfield and the Stafford Springs section of Stafford.

She was schooled in Springfield and attended Cathedral High School.

She was an active communicant and chorister of St. John the Evangelist Church.

Her husband, Lee Hopkins, died in 1992.

She leaves two sons, Peter C. of Feeding Hills and Carl F. of Agawam; two daughters, Sharon M. Horacek of Southwick and Deborah H. Bohannon of Alabaster, Alabama; and a brother, Frank P. Rossi of Chicopee.

The funeral was held at Colonial-Forastiere Funeral Home of Agawam and the church, with burial in Center Cemetery.

Memorial contributions may be made to the Hospice of Western New England, 50 Maple Street, Box 9058, Springfield, MA 01102-9058.

Eleanor C. Esemplio

Eleanor C. (Tortoriello) Esemplio, 84, of 21 Ralph Street, Feeding Hills, died recently at Noble Hospital in Westfield.

She was a former employee of JC Penney Co., Blake's Clothing Store in Springfield, and Springfield Window Shade Co. She was most recently a manager for Lady Finelle Cosmetics.

Born in Worcester, she was a graduate of West Springfield High School and lived in Feeding Hills for 60 years.

She was a communicant of Sacred Heart Church and a member of the Springfield Hobby Club and the Agawam Senior Citizens.

Her husband, Ralph Esemplio, died in 1984.

She leaves a son, Ralph of Springfield; three grandchildren; two great-grandchildren; and a friend with whom she lived, Blanche Howe.

The funeral was held at Colonial-Forastiere Funeral Home and the church, with burial in Springfield Street Cemetery.

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786-1128



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Owner
Charlie Grasso

Head Chef
Paul Bickford

From State Rep. Dan Keenan...

House Of Reps. Cuts Taxes For Working Families

Representative Daniel F. Keenan is pleased to announce that the House of Representatives voted favorably recently on a proposal to increase the Massachusetts Earned Income Tax Credit, a tax cut for low income working families.

The proposal would increase the current Massachusetts Earned Income Tax Credit (EITC) from 10 percent of the taxpayer's federal credit amount to 25 percent of their federal credit for those families who pay income taxes.

The bill would benefit nearly 100,000 low income taxpayers with a savings of \$9.3 million to Massachusetts taxpayers, while with raising the average credit amount to \$164 and totally eliminating the tax of an additional 20,000 for taxpayers.

"This proposal, together with proposals to increase the minimum wage, is welcome news for the low and moderate income working families of the Commonwealth. Not only are the lowest wage workers getting a raise, but many will also pay less of their earnings to taxes," said Representative Keenan, a member of the Committee on Taxation.

The state credit was established in the fiscal 1998 budget for tax years beginning January 1, 1997. In 1996 (the last year for which data are available), the federal credit was claimed by more than 262,000 Massachusetts taxpayers.

Such taxpayers took an average federal tax credit of \$1,246, which would have resulted in an average state tax credit of \$125.

LEGAL NOTICE

LEGAL NOTICE

TOWN OF AGAWAM REQUEST FOR PROPOSALS

The Town of Agawam is requesting proposals for the leasing of a portion of Tuckahoe Turf Farm for agricultural use. The Request for Proposals may be obtained at the Agawam Town Clerk's Office or the Office of Planning and Community Development, 36 Main Street, Agawam, Massachusetts from July 1, 1999 until August 15, 1999.

All proposals must be submitted to the Agawam Mayor's Office before 12:00 p.m., August 30, 1999, at which time the Non-Price Proposal will be opened.

The Tuckahoe Turf Farm Committee and the Mayor of Agawam will review the proposals and accept the proposal deemed to be in the best interest of the Town of Agawam.

The Town of Agawam reserves the right to reject any proposal in whole or in part and to accept any proposal or any item of any proposal or to negotiate non-price portions of the project if deemed in the best interest of the Town.

Published: July 22, 1999

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Senator Melconian Applauds Passage Of Increase In Massachusetts' Minimum Wage

Majority Leader Linda J. Melconian (D-Springfield) applauds the passage of a \$1.50 increase in the minimum wage on July 13th by the Massachusetts House of Representatives. The Senate passed a similar increase on March 2nd.

"Sometimes the Senate must stake out a position ahead of the other branches of government and then wait for them to catch up," said Melconian. "The Senate has pushed for an increase in the minimum wage for three years and it gives me great pleasure to see that the House has finally recognized the needs of the state's poorest workers."

There are some differences between the House and Senate minimum wage bills. The Senate version contains an increase of \$1.50 over three years and then indexes this wage level to increases in the cost of living. The House version makes the same \$1.50 increase but in only two years and contains no provisions for indexing. It

is expected that these differences will be worked out in a conference committee between the two branches.

"The Massachusetts economy is booming, with unemployment at a 30-year low," said Melconian. "Yet, the lowest 20 percent of wage earners still earn less in real dollars than they did in 1989. It is time for these workers to participate in our Commonwealth's prosperity."

The minimum wage increase is in many ways a woman's equity issue. Two-thirds of minimum wage workers are women, many heads of households. While the federal poverty level for a single mother with two children is \$12,803. If she works full-time at minimum job, she will only earn \$10,920.

"That single mother must earn a wage that lifts her out of poverty," Melconian said. "We need to return to the time when the minimum wage was a living wage."

LEGAL NOTICE

TOWN OF AGAWAM BOARD OF APPEALS

LEGAL NOTICE

Notice is hereby given that the Board of Appeals will conduct a public hearing at the Agawam Middle School Auditorium, 68 Main St., Agawam, MA, on THURSDAY, AUGUST 5, 1999 at: 7:00 P.M., for all parties interested in the appeal of PRIDE CONVENIENCE, INC. who is seeking relief in accordance with Section 180-44, Paragraph H

of the Zoning Ordinances, which would allow for less than the required parking spaces at the premises identified as: 6 NORTH WESTFIELD STREET.

Doreen Prouty
Acting Chairperson

Published: July 22, 1999

Richard Stepanik & Sons Farm Stand

1033 Shoemaker Lane, Feeding Hills
Open 7 Days 9:00 To 7:00 Sun. Hours 8:00 To 7:00

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Frying Peppers
Green Peppers
Green Squash
Yellow Squash
Green Beans
Yellow Beans
Field Tomatoes
4 Kinds Of
Hot Peppers

**We Now
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Corn!**



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Full Line Of...
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THANK-YOU AGAWAM!!!



“Thermal Imaging Unit”

The Agawam Fire Department and the Agawam Junior Women's Club sincerely thank everyone who contributed to this very worthwhile project. Everyone who helped make this possible should feel gratified that they helped make Agawam a safer community.

Donors To “Agawam Helmet Fund”

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Patricia Graziano
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Gloria Christofori
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Mary Shea
Frances Zucco
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Shirley Fullam
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Pheasant Hill Village
Barbara Lucas
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Stephen Martin
Mr. & Mrs. Donald Nowill
Millicent Barnard
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All anonymous donors, either with donations dropped in the boots at several functions or by attending the many functions through the year, that helped put the fund over the top.



Families

At Storowton Village...

Limited Space Still Available For Early American Day Camp

Limited space is still available for the second session of Early American Summer Day Camp, August 9th-13th, presented by Eastern States Exposition's Storowton Village Museum in West Springfield. The popular program offers children ages seven to 12 a unique opportunity to learn about life as it was in a 19th-century New England village.

Due to the popularity of this program, the August 2nd-6th session has been filled to capacity.

Within the setting of an authentically reconstructed 19th-century historic village and under the supervision of experienced staffers, children will try on a 19th-century lifestyle and participate in challenging and fun hands-on activities, crafts, and games throughout the week. Participants will make paper, work a blacksmith's forge, milk a cow, make cheese, butter, ice cream, and herbal muffins, and weave Indian baskets (just to name a few activities).

Each day of the week will introduce a specific theme and include related activities.

Monday: "Old and New Day" — Children will begin recreating the roles of their early American predecessors by donning 19th-century clothing, meeting new friends, and learning about life in New England in the 1800's.

Tuesday: "Hands-On Day" — Campers will spend the day learning early American crafts, including candle dipping, tinsmithing, and pottery making. Children will sing and dance to live, 19th-century music; write on slates in a one-room schoolhouse; and visit the homes and workshops of Storowton's villagers.

Wednesday: "Dairy Day" — On this day, children will learn about dairy products first-hand by milking a cow and churning butter. Wednesday's activities will also include making homemade herb muffins from scratch, beginning with grinding meal into flour, and harvesting herbs from Aunt Helen's Herb Garden. The muffins are then baked in an open hearth in the Gilbert Farmstead. The children will also make apple cider with a cider press.

Thursday: "Wool Day" — Children will witness sheep shearing and learn how to card, spin, weave, and dye wool.

Friday: "Show-Off Day" — Campers will get the chance to show off the knowledge they've gained by taking their parents on a tour and demonstrating the crafts and skills they have learned. They will also create and perform skits on the camp stage, located in the Museum Garden.

Other demonstrations and activities children will enjoy include writing with quill pens in the Village's one-room schoolhouse; playing hoop and sack games on the Green; dancing to music from 150 years ago; and enjoying early American stories.

Registration is now taking place for this popular program. For more information about this unique opportunity, contact Storowton Village Museum at (413) 787-0136.

Youths ages 14 and 15 are encouraged to take part in this wonderful opportunity as junior counselors to work with youth, dress in authentic clothing of the era, and learn more about the 18th and 19th centuries through the eyes of children. Training for counselors begins on July 26th.

Ag. Senior Center's Weekly Lunch Menu

Monday, July 26th: Ziti and meatballs, tossed salad, garlic bread, plums.

Tuesday, July 27th: Roast turkey, stuffing with gravy, summer squash, cranberry sauce, rudi roll, baked custard.

Wednesday, July 28th: Meatloaf and gravy, mashed potatoes, green beans, whole wheat bread, mixed fruit.

Thursday, July 29th: Sweet and sour pork rib, rice Oriental, broccoli salad, rye bread.

Friday, July 30th: Seafood casserole, egg noodles, tossed salad, whole wheat bread, apricots.

(Menu subject to change without notice.)

Toastmasters Elect New Officers...



THE AGAWAM/WEST SIDE TOASTMASTERS (which meet twice a month at Country Estates in Agawam) recently elected its newest slate of officers: Ron Drolett, Nancy Piela, Bob Talaga, Donald Prisby, Jim Frantz, Richard Januska, and Valerie Drolett. Advertiser News photo by Jack Devine.

"Ecology Hike" Slated For July 29th At Robinson State Park

The Department of Environmental Management invites you to Robinson State Park on July 29th for an Ecology Hike. The program will begin at 11:00 a.m. at the pavilion.

In this program, we will be exploring the relationships between creatures and the land. Please bring bug spray, water, and good hiking shoes.

Program is free. Reasonable accommodations available with advanced notice.

— ADVERTISER NEWS —

LEGAL NOTICE

LEGAL NOTICE

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Doreen Prouty
Acting Chairperson

Published: July 22, 1999

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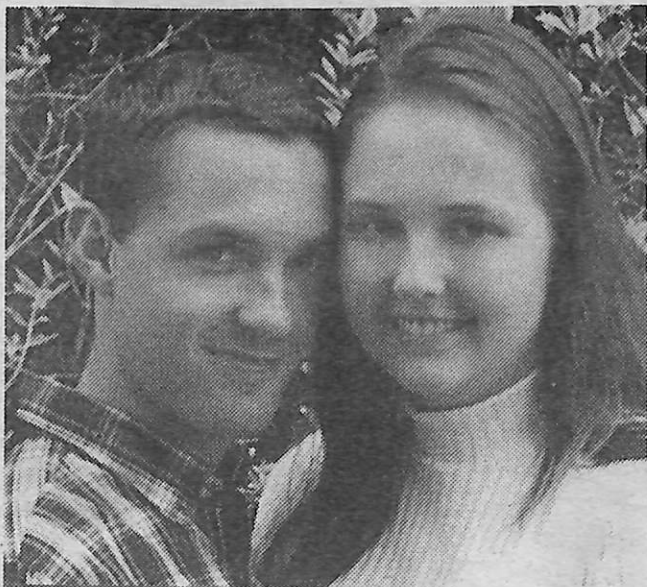


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Feeding Hills, MA



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Saturday 9:00am to Noon

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JEFFREY M. KRATOVIL & KAREN ANN HADLEY

Jeffrey M. Kratovil To Wed Karen Ann Hadley Next February

Mr. & Mrs. Mark R. Kratovil of 1086 North St. Ext., Feeding Hills would like to announce the engagement of their son, Jeffrey Mark, to Karen Ann Hadley, daughter of Mr. & Mrs. Richard Hadley of 65 Maple St., Westfield.

Miss Hadley is a graduate of Holyoke Community College with an associate's degree in Business Administration. She is pursuing a career in advanced architecture.

Mr. Kratovil is a graduate of Westfield State College with a bachelor's degree in criminal justice. He is a member of the United States Coast Guard, serving aboard the USCG Cutter "Wire" based in Saugerties, New York.

A February 13, 2000 wedding is planned.

On Saturday, July 31st...

Hampden County 4-H/ Youth Fair Coming To Eastern States Expo.

The Hampden County 4-H/Youth Fair Association would like to announce its 47th annual fair. The event is open to all youth in Hampden County between the ages of five and 19 years of age or registered 4-H members in Hampden, Hampshire, Berkshire, or Franklin counties.

The fair will be held on *Saturday, July 31st* at the Eastern States Exposition grounds Mallary Complex and outdoor horse arena. The doors will open at 9:00 a.m. and close at 5:00 p.m.

There will be many special events during the day. Popular events such as the Fun Run, Pet Show, and the Pedal Tractor Pull will return. All are open to the public.

The first 50 entrants in the Fun Run will receive a t-shirt. Runners can sign-up on the day of the fair. The Pedal Tractor Pull is for three to eight years-old.

An array of livestock will be shown off during the day. Prized dairy and beef cattle, rabbits, poultry, goats, llamas, and sheep will be on display. You will be able to see horses trotting and jumping in the arena located by the Avenue of States.

Come see the Talent Show where youngsters showcase their singing, piano, and dancing talents.

New attractions this year include a Milking Program for youth, a Vegetable Race, and Egg Blowing and Painting. All are open to the public.

Hall exhibits will show off the best handiwork of Hampden County youth. You can see decorated cakes, needlework, artwork, basketry, flowers, vegetables, woodworking, and much more.

In the afternoon the Fashion Revue and Wool Lead Line will showcase the expert sewing of some of our youth. The day will conclude with the Awards Company at 4:00 p.m. With the help of many generous donations, over 100 trophies will be awarded.

Come spend an hour or a whole day. We're sure you'll have a great time. Admission is free and there is plenty of free parking on the grounds.

FAIR DAY SCHEDULE

- 8:30: Horse Show begins in outside arena.
- 9:00: Hall Exhibits open to public; Fun Run
- 9:30: Rabbit Show begins
- 10:00: Livestock Shows begin
- 10:30: Pet Show Registration
- 11:00: Pet Show; Pedal Tractor Pull
- 1:00: Talent Show
- 3:00: Fashion Revue
- 3:30: "Make it with Wool" Lead Line
- 4:00: Awards Ceremony
- 5:00: Fair Closes



CINDY JENKS & JEFF SCHAPPERT

Cindy Jenks Engaged To Wed Jeff Schappert

Jim and Mary Ann Jenks of Feeding Hills are announcing the engagement of their daughter, Cindy Jenks of Orlando, Florida, to Jeff Schappert, also of Orlando.

Miss Jenks is a 1988 graduate of Agawam High School and received her Bachelor's Degree in Hotel Restaurant and Travel Administration from the University of Massachusetts at Amherst. She is currently a Guest Service Manager with the Walt Disney World Resort in Orlando.

Her fiancé, Jeff, is the son of Jack and Barbara Schappert of Orlando. He is a 1984 graduate of Miami Sunset Senior High School and received his Bachelor's Degree in Business Administration from Florida International University. He is currently a Technology Project Manager with the North Highland Co. in Orlando.

An engagement party for the couple is planned for August 1, 1999 at the Jenks home in Feeding Hills. The wedding is planned for February 5, 2000 in Orlando.



MR. & MRS. RALPH SODEN

Mr. & Mrs. Ralph Soden To Celebrate 50th Anniversary

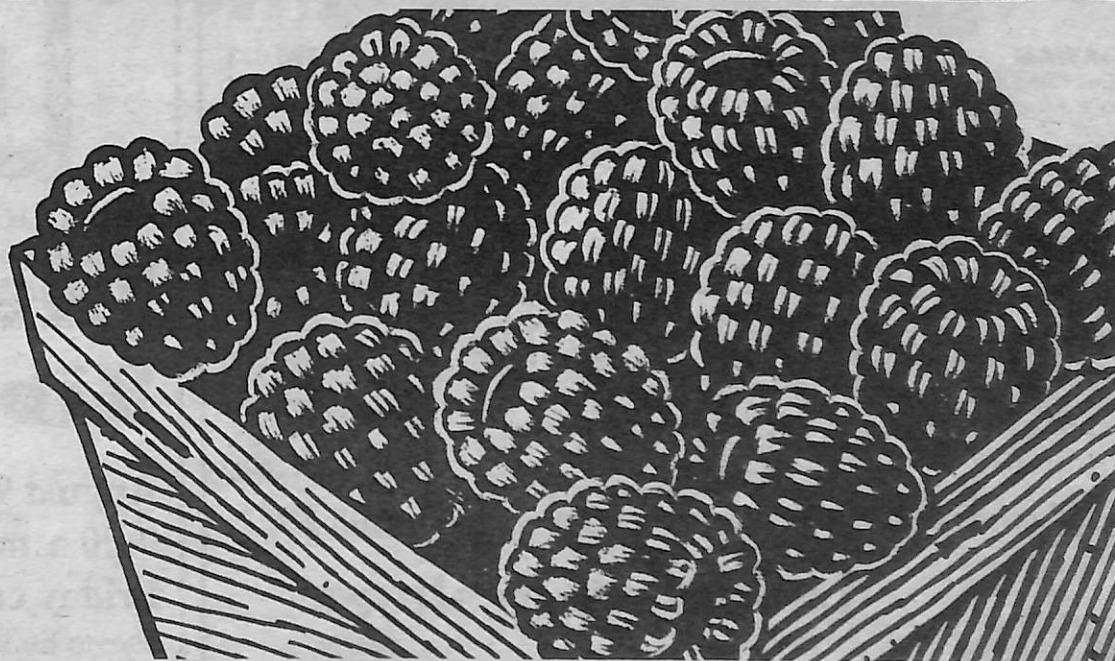
On July 23rd, Mr. and Mrs. Ralph Soden will have a celebration dinner with their children to honor their 50th wedding anniversary. The dinner will be held at the Terrace Club in Greenville, South Carolina.

Former residents of Agawam, the Sodens now reside in Lyman, South Carolina. In October, the couple will take a cruise to Bermuda (a gift from their children).

Ralph and Alice were married on July 23, 1949 at the First Baptist Church of Agawam. They have four children: Donald of Westborough, Marlene of Agawam, Laura Jacqmain of Taylors, South Carolina, and Ralph of Agawam.

They also have nine grandchildren and two great-grandchildren.

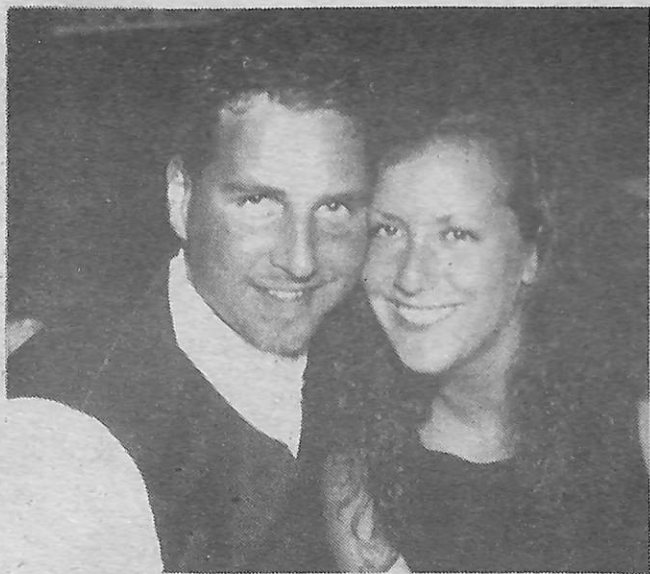
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JEREMY KAKLUSKAS & DONNA GRASSO

Donna Grasso Engaged To Wed Jeremy Kakluskas

Charles & Marlene Grasso of Feeding Hills are proud to announce the engagement of their daughter, Donna Grasso, to Jeremy Kakluskas, son of Chuck Kakluskas of Enfield, Connecticut and Charlene Grinuk of Stafford Springs, Connecticut.

Donna is a graduate of Agawam High School. She is employed at Hallmark Cards in Enfield.

Jeremy is a graduate of Enfield High School. He is also employed at Hallmark Cards.

A November 4, 2000 wedding is planned.

"Christmas In July" At West Springfield/ Agawam Open Pantry

In celebration of "Christmas in July," the West Springfield/Agawam Open Pantry, soon to become your Parish Cupboard, requests your help with several items that are needed now:

Christmas Wish List:

New or used men's socks; men's underwear; new baby items; birthday toys for children; 100 percent juices; sugar; personal care products (shampoo, toothpaste, deodorant, razors); 4-slice toaster; can openers (non-electric); dishwashing liquid (not dishwasher).

These items and your monetary donations are accepted between 8:00 a.m. and 3:00 p.m. at 1023 Main Street, West Springfield or by calling 734-7969 for a special appointment.



MELISSA A. MOTHERWAY

Melissa A. Motherway To Wed James M. Christian In September

The engagement of Melissa A. Motherway of New York City to James M. Christian, also of New York City, has been announced by her parents, Mr. & Mrs. David L. Motherway of Stonington, Connecticut.

Miss Motherway, a graduate of Stonington High School, earned a Bachelor of Science in Business Administration from the University of Vermont. She is the Director of Debt Syndicate at Salomon Smith Barney in New York City.

Mr. Christian, the son of Mr. & Mrs. James E. Christian of Agawam and Groton Long Point, Connecticut, graduated from Cathedral High School in Springfield. He earned a Bachelor of Arts from Providence College. He is a Government Bond Salesman, also at Salomon Smith Barney in New York City.

A September wedding is being planned.

Advertiser
News...



MRS. & DR. JAMES W. TRENTALANGE

Leslie Ann Gorman Becomes Bride Of Dr. James Trentalange

Sacred Heart Church in Feeding Hills was the setting for the June 25th wedding of Leslie Ann Gorman and Dr. James W. Trentalange. A reception followed at The Hotel Northampton.

Parents of the bride are Sheila and Geoffrey MacDonald of Feeding Hills and the late Gerald Gorman. The bridegroom's parents are Rosemary Faulconer of Vero Beach, Florida and Dr. James and Susie Trentalange of Cutchogue, New York.

The bride is a 1992 graduate of Agawam High School and graduated from the University of Massachusetts at Dartmouth. She is a nurse serving with the U.S. Navy as a Lieutenant JG in San Diego, California.

The bridegroom is a graduate of Stetson University in Deland, Florida and the University of Kentucky School of Dentistry in Lexington, New York. He is a Lieutenant with the U.S. Navy serving as a dentist at Camp Pendleton, California.

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4 Rm Ranch w/frpl	\$99,900
Adorable 5 Rm Ranch, W. Spfld.	\$105,900
7 Rm, 3 BR, 1 1/2 Bath Vinyl sided Cape on 1/2 acre. Gar.	\$119,900
Split level w/4 BRs, 2 Baths, Great area	\$124,900
5 Rm, 3 BR, Ranch. 2 car att gar. Cent air, gas heat	\$136,500
R/Ranch with in law apt. Gar & 2 frpls.	\$159,900
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St. David's Church

699 Springfield Street
Feeding Hills, MA

invites your children, ages 4 to 12, to our

Vacation Bible School

featuring this year's theme:

The Great Bibleland Dig

August 9-13

9:00 a.m.-12:00 noon

Friday commencement - 6:30 p.m.

Due to limited enrollment, please call the church at 786-6133 to pre-register.



Puppets ~ Bible stories ~ Crafts
Refreshments ~ Games ~ Prizes





ALLISON ANN WHITEHEAD

The Whitehead Family Announces Birth Of Daughter, Allison Ann

Kenneth and Corrie Whitehead of Manchester, New Hampshire, are proud to announce the birth of their first child.

Allison Ann Whitehead was born on May 25, 1999 at 9:13 p.m. at Parkland Medical Center in Derry, New Hampshire. She weighed seven pounds, two ounces, and measured 20 inches long.

The proud grandparents are Wallace and Carol Whitehead of Feeding Hills (who now have three granddaughters and one grandson), and Bernard and Helen Julian, Jr. of Londonderry, New Hampshire (Allison is their first granddaughter).

The great-grandparents are Beranrd and Ann Julian, Sr. of Somers, Connecticut. The godparents-to-be are Sharon Ann Ritter (aunt) and Scott Julian (uncle).

No July/August Mtgs. For Alliance Support Group

The Alliance Support Group, which gathers at the Agawam Senior Center, will not meet in July or August.

The group will resume its fall schedule and meet on September 27th from 6:00 to 8:00 p.m.

Check our classified ads in each edition ... AAN!!!

* * *

Happy 16th Birthday, Danielle



Love,
Mom, Dad & Michael

Family Fun And "Drive-In" Movie Night Set For Saturday, July 24th

The first of three Saturday night "drive-in" movie presentations will begin this Saturday with a showing of "E.T. - The Extra-Terrestrial," rated PG, outdoors at Veterans' Green at 689 Main Street. The program is free to the public.

The night's entertainment will begin at 7:00 p.m. with a stage show direct from Riverside Park, and continue with a juggling act and workshop with Henry the Juggler right up until movie time.

Picnic baskets and citronella candles are encouraged.

In the event of rain, the program will be held Saturday, August 14th.

The night's entertainment is sponsored by Riverside Park and is part of the Agawam Summer Entertainment Series. Funding for the series is provided by various corporate contributors and a grant from the Massachusetts Cultural Council.

For additional information, call 789-7393.

For photo coverage in The Agawam Advertiser News, please call photographer Jack Devine at 789-0053...



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Surgical stainless steel blades, laminated wood handles, lifetime warranty.

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SuperPliers with deluxe green canvas pouch

WIN • WIN • WIN

Register to win a FREE Bahamas Cruise & Orlando vacation for two people arranged by LANDMARK TOURS & CRUISES of Southwick, MA which includes: Roundtrip airfare from Bradley Airport to Orlando, Florida; 3 night cruise aboard Premier's "Big Red Boat" (oceanview cabin), sailing from Port Canaveral to Nassau and

PREMIER CRUISES

LANDMARK T.O.U.R.S

Port Lucaya in the Bahamas including all meals and activities onboard; 4 night deluxe hotel stay in Orlando with daily breakfast, plus a rental car in Orlando with 2-day admission passes to Walt Disney World (Epcot & Magic Kingdom) and admission to Universal Studios theme park and Sea World.

Support your community and shop locally.
Win one of Ten \$100.00 Gift Certificates to local merchants.

WESTBANK
PARK WEST BANK AND TRUST COMPANY
515 College Highway, Southwick, MA

To earn the premiums listed above, you must deposit \$1,000 in a Super Savings Account. One free gift per household please. Offer is good only on deposits made after June 30, 1999 at our Southwick office. Transfers from existing Westbank accounts are not eligible. To enter the FREE contest, stop in our Southwick office and fill out an entry blank. No purchase is necessary and you do not have to open an account to win. Employees of Westbank and their families are not eligible. *A minimum opening deposit of \$50.00 for a Personal Checking Account is required. ** Annual Percentage Yield (APY) assumes interest remains on deposit for one year at a 4% rate of interest. Minimum balance to open and earn APY is \$1,000. Interest compounded and credited to the account monthly. APY is accurate as of 6/30/99. This is a limited time offer and may be withdrawn at any time without notice.



Church News

"Vacation Bible School" Held At Ag. Church Of The Bible

Agawam Church of the Bible's fourth Annual Vacation Bible School (VBS) was again an overwhelming success in 1999. VBS was held every morning (Monday through Thursday) of last week at the Agawam Middle School for children ages four to 12, with a closing rally on Thursday night for parents.

A total of 164 children participated in the week's adventures, with an average daily attendance of over 140. Staffed by more than 50 adult and teen volunteers (many of whom took a week off of work to help out), VBS is one of Agawam Church's most visible community outreach events.

The theme of the week was "The Ultimate Adventure with Jesus - Opening Your Heart to Him." Each day was devoted to an adventure theme: rock climbing, windsurfing, mountain biking, and snowshoeing.

The main lesson communicated throughout the week was that life is like an adventure .. and life lived with Jesus is the best adventure there is. Daily activities included: opening and closing rally; crafts; music; refreshments; bible story; and game time.

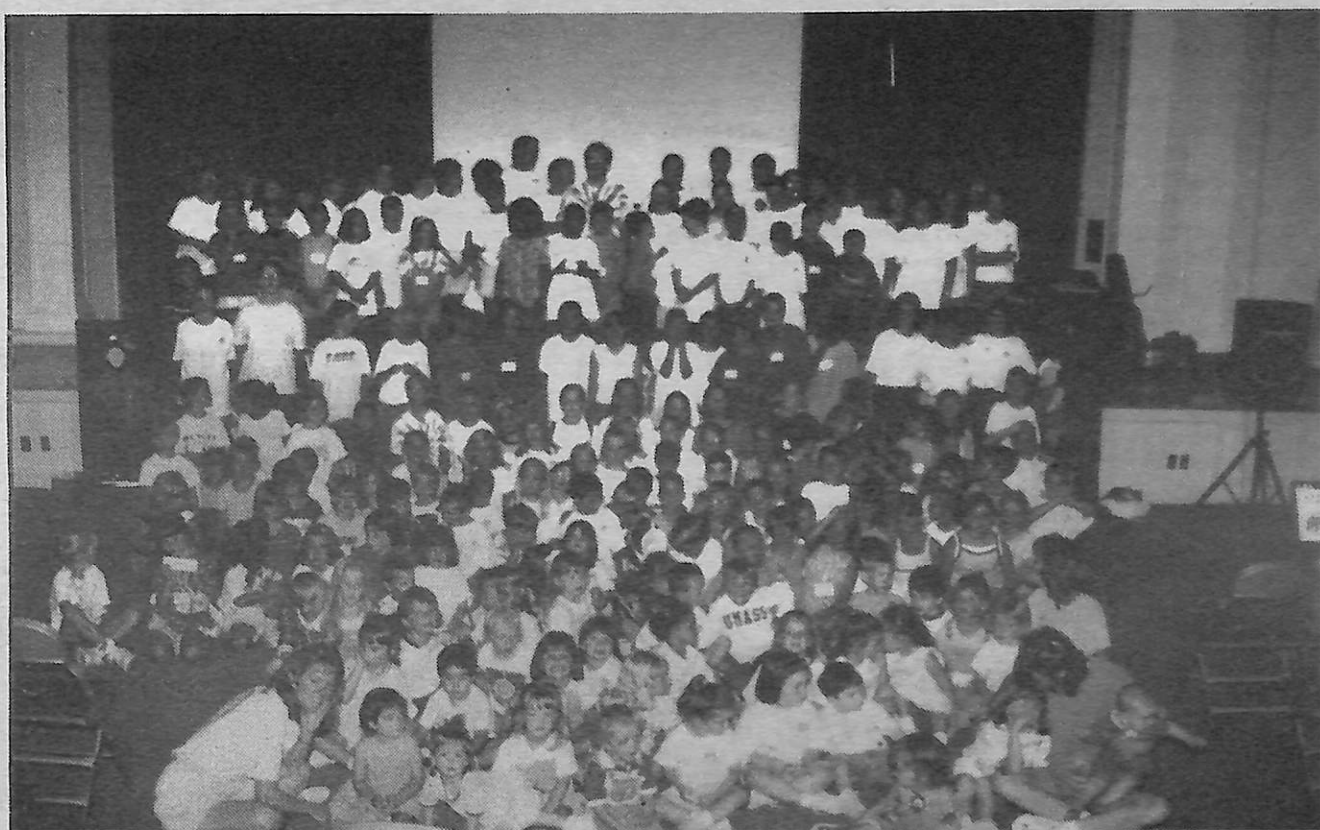
Brad Wright, Pastor at Agawam Church, attributes the overwhelming success and popularity of VBS to the work of God in bringing together 50 wonderful volunteers, a talented and dedicated band and great lay leadership. "We want to reach the unchurched with the life-changing message that Jesus can make a difference in their lives, and to the extent we have done this, then we have been successful."

Agawam Church is a contemporary, non-denominational, bible-teaching church characterized by contemporary worship, casual dress, and life-related teaching from the bible. Agawam Church encourages people to check out their Sunday service held at the Agawam Junior High School at 10:00 a.m.

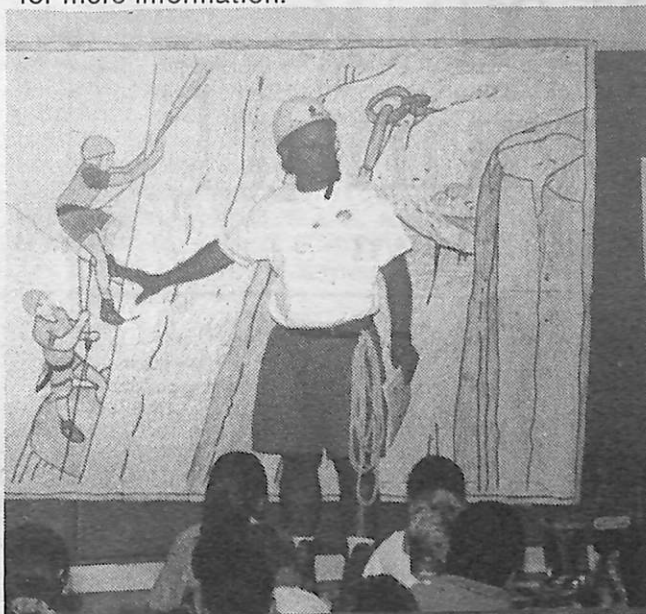
Contact Brad at the church office at 789-2904 for more information.



AT AGAWAM CHURCH OF THE BIBLE'S recently-held Vacation Bible School — the "Bob Band," consisting of Pete Johnson on drums, Wyn Jespersen as leader, Bob Jespersen on guitar, and Bob Fernandes on keyboard.



A TOTAL OF 164 CHILDREN participated in the Agawam Church of the Bible's fourth Annual Vacation Bible School. Thanks to the efforts of 50 adult and teen volunteers, VBS was once again a successful endeavor for this area church.

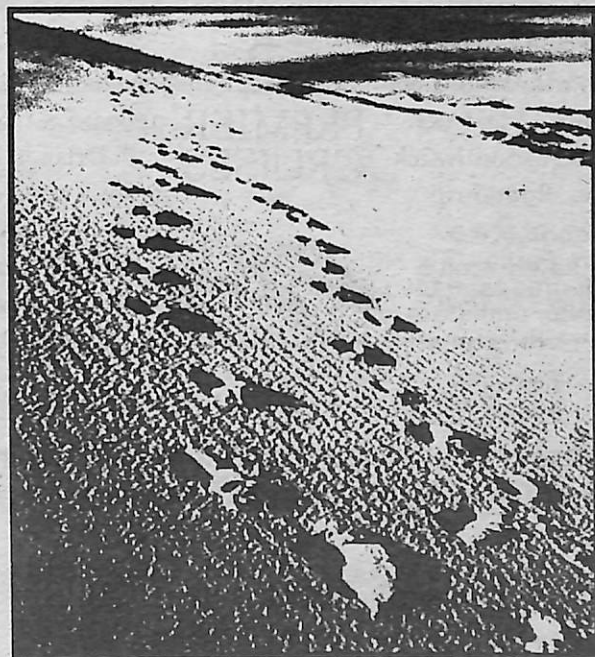


BRAD WRIGHT, Pastor of Agawam Church of the Bible, dresses the part as he teaches how life is like an adventure during the church's Vacation Bible School.

* * *

"Church News" is a regular feature of The AAN and is just one more reason why you turn our pages.

* * *



Worship Services:

Saturday 5 pm & Sunday 8 am & 10 am
Sunday School & Nursery Care: Sunday 10 am

The Reverend Len Cowan

"Reconciling and Transforming Lives in Jesus Christ"

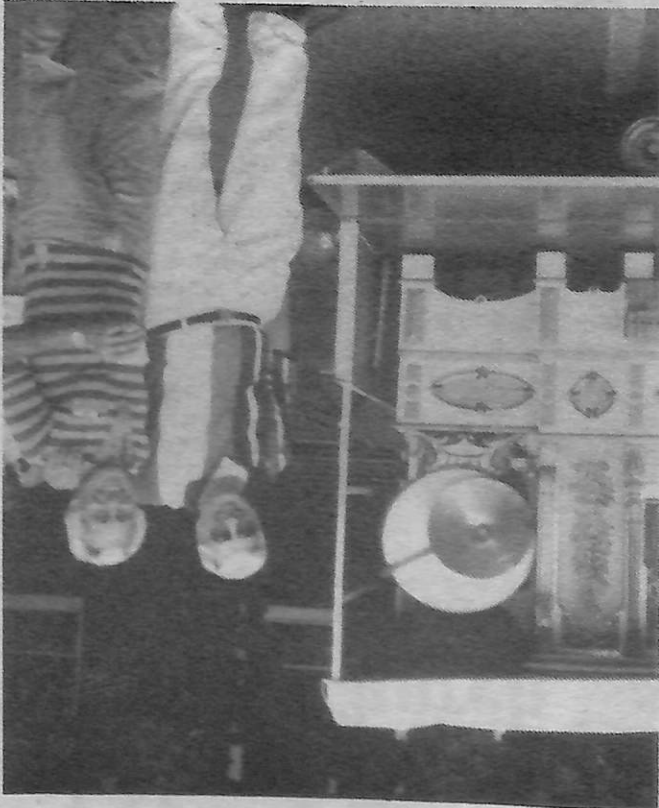
**"I KNOW, O LORD,
THAT A MAN'S LIFE
IS NOT HIS OWN;
IT IS NOT FOR MAN TO
DIRECT HIS STEPS."**

- Jeremiah 10:23

We invite you to do a little spiritual walking
this weekend - it's great for the body and soul!

*St. David's
Episcopal Church*

699 Springfield Street • Feeding Hills, MA • (413) 786-6133



IN TOP PHOTO: Joe Rescigno and Nick DePallo listen to the music from the calliope supplied by Mr. DePallo. IN PHOTO BELOW: The statue of St. Anthony being carried by Ray Saracino, Larry Pisano, Joe Rescigno, and Terry Letellier.

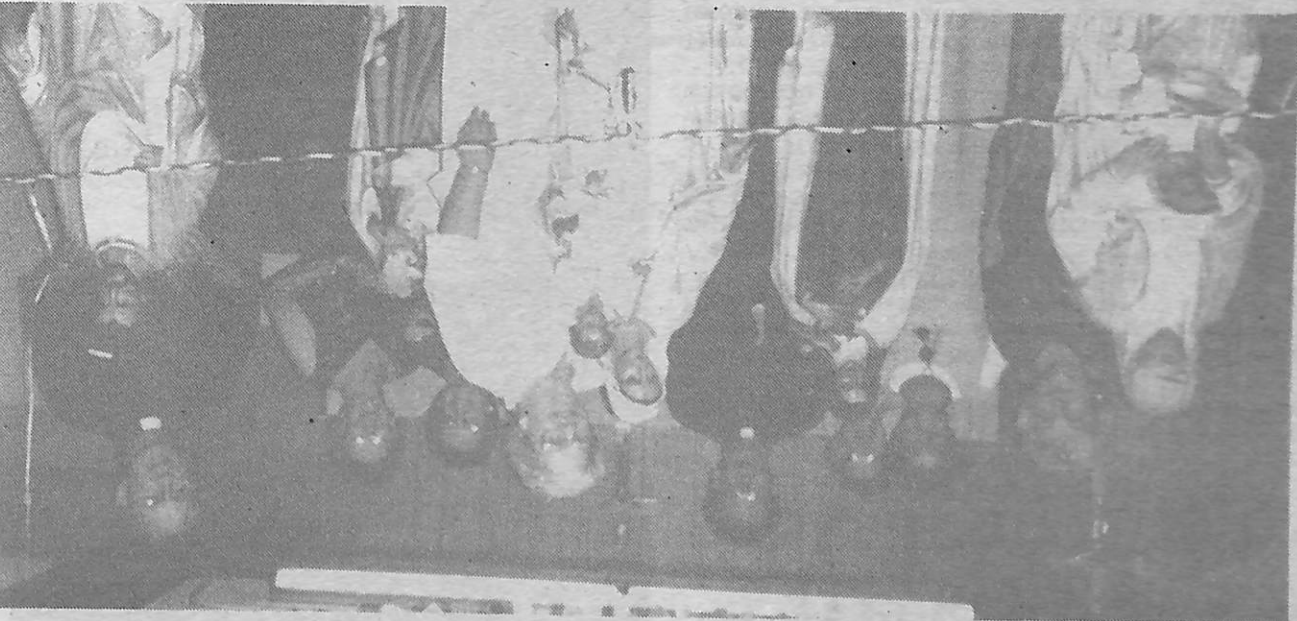


Along With St. Theresa's...

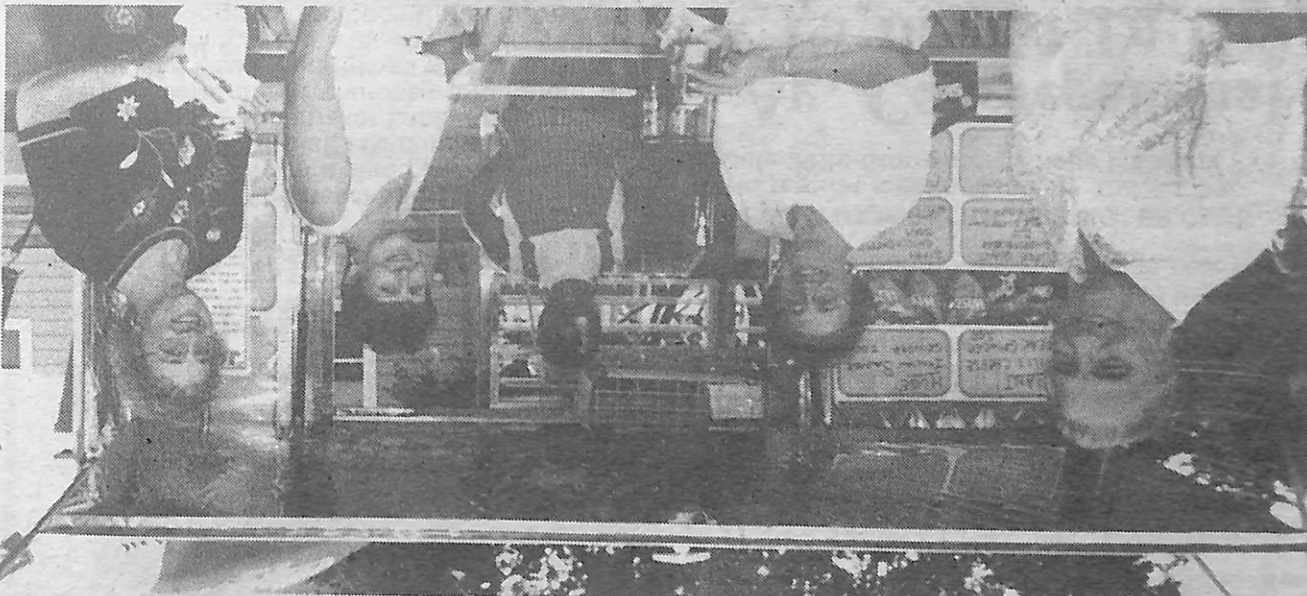
St. Anthony Of Padua Church Holds Special Mass

On Sunday, June 13th, the parishioners of St. Anthony of Padua Church, along with their sister parish, St. Theresa's Church, concluded a nine-day Novena to St. Anthony with a Mass in honor of their patron Saint and the "Saint of Miracles." Celebrating this special Mass were Father William Rousseau (St. Anthony administrator), Father Albert Breton (former pastor of St. Anthony's), and visiting priest, Father J. Victor Carrier.

The Chaplet of St. Anthony was recited, and St. Anthony bread was blessed. The Holy Rosary Society was also honored on their 75th anniversary.



AT ST. ANTHONY'S SPECIAL JUNE 13TH MASS: Norma Wescott, Lynn Dialessi, Father William Rousseau, Dorothy Morris, Janet Gallerani, Irene Gallerani, and Father J. Victor Carrier.



ENJOYING FOOD PREPARED BY "JoJo's" are Larry Pisano, Joanne Beltrandi, JoJo (in booth), Betty Pisano, and Barbara Nolan.



HONORING THE "SAINT OF MIRACLES": Father J. Victor Carrier, Janet Gallerani, Dorothy Morris, Lynn Dialessi, Father William Rousseau, Janet Gallerani, and Kathy D'Amato.

After the Mass, a parade followed, with a police escort leading the statue of St. Anthony through the streets of the church neighborhood. Marching in the parade were Father Bill, Father Al, and Father Vic, along with groups made up of the choirs, lectors, eucharistic ministers, CCD teachers, CCD students, Holy Rosary Society, women's club, ushers and altar servers, and parishioners.

Upon their return to the church, there was music, food, and memorabilia from the past.

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Church News - continued...



JEREMY BOETTCHER

Jeremy Boettcher To Perform Concert At Faith Bible Church

Fifteen year-old homeschooled student Jeremy Boettcher will perform a piano and keyboard concert Friday, July 30th at 7:00 p.m. at the Faith Bible Church, 370 Shoemaker Lane, Agawam.

Jeremy performs at churches throughout New England and New York. He has won national competitions in music ministry and music composition. His original compositions have been recognized both nationally and internationally.

Last summer, Jeremy was selected to perform at the Colorado State University for 5,000 pastors, youth speakers, and teens at the Free Church National Teen Conference.

Jeremy plays other instruments and teaches piano to students of all ages at his Agawam home.

Jeremy's Friday night selections and arrangements of traditional and contemporary Christian music will represent a vast genre of musical styles.

As a special treat, he will perform his award-winning original music. There will be no admission for the performance, however, a free will offering will be accepted on Jeremy's behalf.

* * *

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you...

* * *

Weekly News And Notes From St. John The Evangelist Church

ADULT CONFIRMATION

If there are any adults who have not as yet been Confirmed, we will be having the Sacrament here at St. John's in October.

Sessions will be held to prepare candidates during August and September. Call the Rectory at 786-8105 to register.

MILLENNIUM QUILT

If you missed the application form to obtain a Quilt Square for your family, they are available at the doors of the church.

There seem to be some questions about this project. You will not have to do any sewing; you will be supplied with a square of material on which you will write your family name.

A crew of seamstresses will put it all together. They just need to know how many families are interested so they can plan the details of making the Quilt.

Your family will be missed if you are not involved in this Jubilee Project. (Final day to sign up: August 2nd.)

JUBILEE 2000

Have you signed up yet for one of the many projects we hope to orchestrate for the "Jubilee Year 2000"? Time is slipping by rather quickly.

Make sure you take some active role in this very special commemoration of the Birth of the Lord Jesus.

1999-2000 SCHOOL YEAR REGISTRATION

If your oldest child will be entering first grade or will be new to our program in September, please call 786-8105 and we will send you a registration form. Or, stop into the Parish Office and pick one up.

Students enrolled last year should have received a form by mail to register for the new year by August 1st.

AGAWAM CATHOLIC SINGLES CLUB

No regular meetings in July and August.

July 29th: Storowton Village Gazebo - "Vickie

Ag. Congregational & 1st Baptist To Host Vacation Bible Camp

From July 26th through July 30th, between the hours of 9:00 and 11:30 a.m., the Agawam Congregational Church and the First Baptist Church of Agawam will hold a Vacation Bible Camp, "The Great Bibleland Dig," for children ages two through the sixth grade.

The camp will be held at the Agawam Congregational Church, 745 Main Street, Agawam. Cost for the camp is \$7 per child (three or more per family, no additional charge).

Your children will enjoy crafts, music, games, and snack time while learning more about the Bible.

To register your child, call the church office of Agawam Congregational at 786-7111, or you may pick up a form at that church office during office hours (8:30 a.m. to 12:30 p.m.).

Best local news with us, each and every week...

* * *

Phillips," 7:30 p.m.

TEEN ENCOUNTER FAREWELL REUNION

Come celebrate the past and reach to the future with us as we celebrate the closing of the Teen Encounter Program. The event is open to anyone who has ever made a Teen Encounter Weekend.

It will take place on Saturday, August 7th, here at St. John the Evangelist Church. Please RSVP if attending; call (413) 527-7387 by August 2nd. Refreshments served.

PARISH PICNIC

Plans are progressing nicely for our Parish Picnic on August 29th. We will use our own St. John's Field on Leonard Street for this event.

"Face Painting Classes" will be held in the Father Joyce Room for anyone who would like to help in this fashion at the Picnic. Call Mariann Green, Chairman, at 786-8105.

SUNDAY TO SUNDAY

We are continuing our Scripture Video program twice weekly: Monday nights at 7:00 p.m., and Friday mornings at 9:10 a.m. Come join us — it doesn't hurt!

There is a brief background for next Sunday's Gospel with some points of Biblical information. Quite good!

VISION COMMUNITY SERVICES OF SPFLD.

The Vision Community Services of Springfield has asked us to pass on the following information. Under State Law, telephone companies are required to make adaptive phone equipment available free of charge to people with disabilities. The Bell Atlantic Disability Program is offered to people with a full range of physical challenges (including hearing and vision impairment, mobility impairment, and some types of cognitive disability).

For more information, call Elvira Carrillo at Vision Community Services in Springfield at 734-7343 during the hours of 9:00 a.m. to 3:00 p.m., Monday through Friday.

* * *

Our classified ads will bring you FAST, FAST results...

* * *

Joining a synagogue is like getting married.

So, maybe you should go out for coffee first.

What are you doing August 10, 11 or 12?

Finding a synagogue - even deciding if a synagogue is the place for you - is a difficult choice. What's right for one family may not be right for you. But if you're interested in talking about synagogues and Jewish living, **Sinai Temple** would love to meet you. We're a Reform congregation with a reputation for warmth, the best in education, and lots of room for diversity.

Of course, you won't know until you meet us. That's why congregants around our area are opening their homes on the evenings of August 10, 11, and 12. We provide the coffee. You just make the call. For more information, call 413-736-3619.

We look forward to meeting you.

Sinai Temple

1100 Dickinson Street
Springfield, MA

Partial Funding by the Jewish Endowment
Foundation of Greater Springfield



Vacation Bible School

Monday, August 2nd ~ Friday, August 6th, 1999
from 9:00 a.m. until Noon

Cost: Free!

Activities for Kindergarten through 6th Grade!

Skits ~ Refreshments ~ Games ~ Crafts ~ Bible Time

Transportation Available, If Needed! Call to Register!

Grace Baptist Church

475 Pine Street • Feeding Hills, MA 01030
(413) 821-0112

Church News - continued...



Reflections...

submitted by

Rev. Peter Monahan
Pastor of the New Life
Christian Church,
Suffield, CT
(413) 789-1377 or
toll free (877) 643-9801

How To Know God's Will For Our Lives

In the prayer which Jesus taught his disciples, one of the requests is, "Thy will be done, on earth, as it is in heaven." Most of us are probably familiar with that prayer. However, how many of us have considered its implications for our own lives? Perhaps we would do well to say, "Thy will be done, in my life, as it is in heaven." One wonders if this is what Jesus had in mind originally.

"Thy will be done, in my life, as it is in heaven." Can we imagine the will of God actually being done in our lives? Not just every now and then. Not by accident. But somewhat consistently, with some regularity. Such a goal might seem out of reach for some of us, but it really isn't. God would never suggest something for any of us if it weren't possible. God always makes His will possible.

How can we know the will of God for our lives, anyway? Is it actually possible to know God's will for our lives? The answer is a resounding, unquestioned "Yes!" Each of us can surely know God's will for our lives. Deuteronomy 29:29 says, "The secret things belong to the Lord our God, but the revealed things belong to us and to our children forever, to observe all the words of this law." God's will for our lives has indeed been revealed, it is not kept secret.

The will of God for your life and mine is exactly the same. God has different ways to accomplish His will in our individual lives, but His will is the same for all of us. For those whom He foreknew He has also predestined to be conformed to the likeness of His Son, in order that He might be the firstborn within a large family. In other words, God's will for each of us is that we should become like Jesus Christ, to have and to develop Christ-like qualities.

There's no doubt about it, God is ambitious! It would be impossible to enumerate all of Jesus' qualities, but among them are love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control, to name just a few. Now, we might think to ourselves that the foregoing list describes us, at least some of the time! But that list describes Jesus, not just when things went His way, but all of the time.

When the Bible speaks of love, it doesn't refer to the warm and pleasant feelings we have towards those who are nice to us. Love is patient, even when we have good cause to be impatient. Love is kind, even when we don't feel like being kind. Love does not insist on its own way. It is not irritable or resentful. It bears all things, believes all things, hopes all things, endures all things. Can we agree that God is not only ambitious, but that He has His work cut out for Him, if He really hopes to instill those qualities in us!

God's will for our lives is worth striving for, even if at times it seems to be elusive. God's will being done is closely linked with God's kingdom coming; we cannot have one without the other. Jesus said God's kingdom was worth pursuing, even with great effort.

"The kingdom of heaven is like a treasure hidden in a field, which someone found and hid; then in his joy goes and sells all that he has and buys that field." "Again, the kingdom of heaven is like a merchant in search of fine pearls; on finding one pearl of great value, he went and sold all that he had and bought it."

We're not to worry if our spiritual steps are small, if we're going in the right direction. "The kingdom of heaven is like a mustard seed that someone took and sowed in his field; it is the smallest of all the seeds, but when it has grown it is one of the greatest of shrubs."

Rev. Peter Monahan's
"Reflections"
is a regular
feature of the
Advertiser
News...

* * *

Calendar From F.H. Congregational Church

You are welcome to join with us at the Feeding Hills Congregational Church, which is located at 21 N. Westfield Street in Feeding Hills.

Our Sunday morning service of worship begins at 9:30 a.m. and will include our special collection for the Gift & the Promise campaign. The lectionary readings for the ninth Sunday after Pentecost will be Genesis 29:15-28; Psalm 105:1-11, 45b or Psalm 128 (or 1 Kings 3:5-12; Psalm 119:129-136); Romans 8:26-39; Matthew 13:31-33, 44-52; 1 Corinthians 12:4-11.

Cindy Matteson will be our Lector. Rev. Donaldson's sermon is entitled "If God Can See Us Now." Children are invited to attend worship with adults or help with the prop preparations for Vacation Bible School if they choose. Nursery care will be provided for the very young.

Next month at this time, your child could be enrolled in Vacation Bible School which will take

place from Monday, August 16th to Friday, August 20th between the hours of 5:30 p.m. and 8:30 p.m. each day.

The theme this year is "Jungle Journey: Exploring God's Promises." Please call Lynn Hill at 782-6794 if you have any questions or would like to enroll your child.

Please note that due to Vacation Bible School, the Board of Education will meet on Thursday, July 29th at 7:00 p.m. instead of their usually scheduled monthly meeting time.

On the calendar:

Sunday, July 25th: 9:30 a.m., Gift & Promise Sunday; 12:00-8:00 p.m., Church of Redemption
Tuesday, July 27th: 7:00 p.m., AA
Thursday, July 29th: 7:00 p.m., Christian Ed; 7:00 p.m., AA

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Steak	\$5.49 Lb.
Boneless Club	
Steak	\$5.99 Lb.
Boneless Bottom Round	
Roast	\$1.69 Lb.
Boneless Back Rump	
Roast	\$1.89 Lb.
Bottom Round Cubed	
Steak	\$2.39 Lb.
Bottom Round Stew	
Beef	\$2.39 Lb.
Fresh Ground Round	
5 Lbs. Or More	\$2.49 Lb.
10 Lbs. Or More	\$1.99 Lb.
Fresh Ground Chuck	
5 Lbs. Or More	\$1.69 Lb.
10 Lbs. Or More	\$1.39 Lb.
Whole Boneless Rib	
Eyes	\$4.39 Lb.
Whole Boneless Butt	
Tenderloins	\$5.69 Lb.
Fresh 1/4 Lb. Hamburg Patties	
Made Fresh Daily...	
Boneless Center Cut Pork	
Roast	\$2.69 Lb.
Boneless Center Cut Pork	
Cutlets	\$2.99 Lb.
Grade "A" Skinless & Boneless	
Chicken Breast	\$2.69 Lb.
10 Lb. Bag	\$1.99 Lb.
Flavorite Meat Franks	
(1 Lb. Pkg.)	99¢

DELI

Land O' Lakes American	
Cheese	\$2.99 Lb.
S & R Provolone	
Cheese	\$3.49 Lb.
Russer German	
Bologna	\$1.39 Lb.

Store Baked Roast

Beef	\$4.99 Lb.
Canadian Imported	
Ham	\$2.99 Lb.
Citterio Mortadella (With	
Pistachio)	\$2.89 Lb.
Wampler Skinless Turkey	
Breast	\$1.99 Lb.
Willow Brook Turkey	
Pastrami	\$1.99 Lb.

SEAFOOD

Frozen Swordfish	
Steaks	\$3.99 Lb.
Frozen Lobster Meat	
(11.3 Oz. Can)	\$10.99

DAIRY & FROZEN

Hood 1% Low Fat Milk	
(Gallon)	\$2.09
Hood 1% Low Fat Milk	
(1/2 Gallon)	\$1.19
Hood Premium 1% Chocolate Milk	
(1/2 Gallon)	\$1.89
Grade "A" Jumbo Eggs	
(Dozen)	99¢

PRODUCE

Bananas	49¢ Lb.
Jumbo Nectarines	99¢ Lb.
Native Blueberries	
(Pint)	\$1.69
Extra Large Green	
Peppers	89¢ Lb.
Fresh Broccoli	
(Bunch)	89¢
Native Butter And Sugar Corn	
(Dozen)	\$2.49

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Tuesday & Wednesday

Frozen Hamburg
Patties (5 Lb. Box)

\$6.99

*Church News - continued...***Weekly Calendar From
Ag. Congregational**

This Sunday, July 25th, is the Ninth Sunday after Pentecost. Join us for the Summer Worship Service at 9:30 a.m. at Agawam Congregational Church, 745 Main Street, Agawam.

Summer Church School continues and will be held immediately following the Children's Message.

* * *

Men's Prayer Time is held weekly on Tuesdays at 7:45 a.m. This half-hour includes a devotional reading, prayer, and a time of refreshments and fellowships.

All are welcome to this very special time. For more information, contact Rev. Fuller at 786-7111.

* * *

The joint Vacation Bible Camp (Agawam Congregational and Agawam First Baptist Church) is planned for July 26th through July 30th. This year's theme is "The Great Bibleland Dig," and it will be held from 9:00 to 11:30 a.m.

Cost is \$7 per child (three or more per family, no additional fee). Children ages two through the sixth grade are welcome to attend.

To register your child and/or if you are willing to volunteer any time during the week, please call the church office at 786-7111.

* * *

All Church/After Church/Sunday Baseball Bus Trip: Join us on Sunday, August 1st, for a bus trip down to Norwich, CT, to see the Norwich Navigators versus the Portland Sea Dogs. Come to church and we will leave right after the service at 11:00 a.m.

The four-pack includes four tickets, four hot dogs, four sodas, four bags of chips, and the bus ride. All this for only \$40!

Make your reservations today. Deadline for your prepay tickets is Wednesday, July 28th. Call the church office for more information at 786-7111.

Sign-up today!!! There is limited seating and the seats are going fast.

* * *

For more information concerning any of our events, please call the church office at 786-7111.

**Activities And Events Announced By
Sacred Heart Church In Feeding Hills****WELCOME!**

A very warm welcome to you, Fr. Ron Sadlowski, as our new pastor! May you find all here at Sacred Heart to be warm and loving people.

We all wish you the best as you now embark on the mission of ministering to us. May God bestow His many blessings on you and on us, your parish family.

ROSARY FOR WORLD PEACE

The Rosary for World Peace is recited in our church every Monday evening at 7:00 p.m., and every Wednesday morning after the 8:00 a.m. Mass.

All are invited to join us.

TAG AND CRAFT SALE

The annual Tag and Craft Sale (held in September in the parking lot of the church) will be held on September 11th this year. Spots are available for \$15 to sell either tag or craft items.

If you want more information or an application, please call Theresa (786-4966) or Nancy (786-3384). Applications are also available at the rectory.

ST. MARY'S GOLF CLASSIC

St. Mary's School's 10th Annual Golf Classic will take place on Wednesday, September 22nd, at

Shaker Farms Country Club, Westfield. The \$90 entry fee includes green fees, golf cart, lunch on the course, use of locker and shower facilities, prime rib dinner, and prizes.

The prizes include a car donated by Sarat Ford, Agawam; a spa from Jelly Belly Pools & Spas; and our famous "closest to the pin" contest for a pair of round-trip airline tickets from Erin World Travel.

To register, please call the Development Office at 568-1160 before September 17th. Shaker Farms Country Club requires the use of soft spikes.

LAWN FESTIVAL

The Felician Sisters of Our Lady of the Angels Province will hold their annual Lawn Festival on their grounds at 1315 Enfield Street, Enfield, CT, on Saturday, September 11th, from 10:00 a.m. to 8:00 p.m.

The Festival will feature Polish and American food, Bingo, kiddie land, lobster, homemade bread and pastries, and games for everyone to enjoy. The Polka Family from Pennsylvania will entertain from 1:00 to 5:00 p.m.

Masses will be celebrated in the main chapel at 4:00 and 5:15 p.m.

The Annual Lawn Festival is for the benefit of the sick and elderly Felician Sisters. Everyone is welcome. Free parking and admission.

Weekly Seminar At Faith Bible Church

Faith Bible Church, located at 370 Shoemaker Lane, Agawam, is now hosting a 52-week series seminar entitled "The End Times."

Presented by Pastor James R. Jasmin, this series of Tuesday evening teachings will present

current prophetic truths based on Scripture.

Discussions will include eschatology, significant current events that point to us on a Biblical timeline, and what the new millennium is going to bring according to Scripture.

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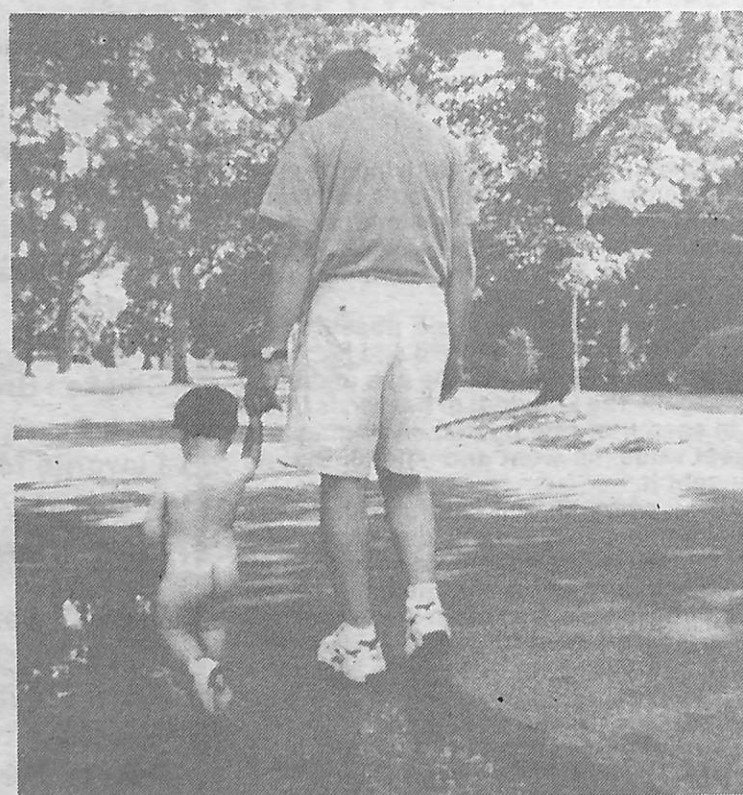
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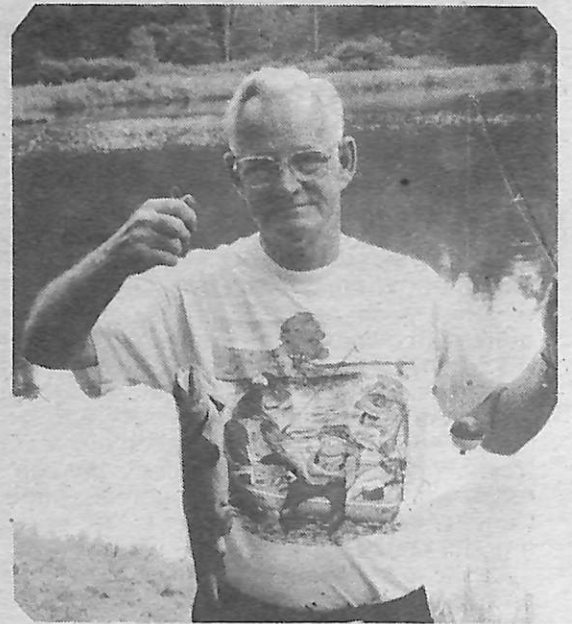




JACK DEVINE

Retirement Party

***from the
Agawam
Advertiser News***



Chez Josef
September 12th
 Social Hour 4-5 P.M.
 Dinner 5 P.M.

\$35.00 per person (includes gift)
Choice of:

Prime Rib
 Veal Cordon Bleu
 Boneless Breast of Chicken Supreme
 Baked Boston Scrod



Tickets may be purchased by Sept. 3rd from:

Agawam Advertiser (Mondays And Tuesdays)
Agawam Federal Credit Union
Brenda Theriaque (789-0721)

**Jack Devine Retirement Party
 from Agawam Advertiser News**

Menu choices	# Entries
Prime Rib	_____
Veal Cordon Bleu	_____
Boneless Breast of Chicken	_____
Boston Baked Scrod	_____
Total X \$35.00	_____

Mail to :
 Brenda Theriaque 789-0721
 29 Glendale Road
 Agawam, Ma. 01001

Chez Josef
 September 12, 1999
 Social Hour 4-5 pm
 Dinner 5 pm

Name _____
Street _____
City/Zip _____
Phone _____

Deadline by mail:
 August 27, 1999

Enclose check and self-addressed, stamped envelope.



Spotlight On Business

Toni Lasky Joins Coldwell Banker Keenan & Molta

Toni Lasky has joined Coldwell Banker Keenan & Molta Associates as the new office manager working out of the West Springfield office, according to Robert P. Molta, President of Coldwell Banker Keenan & Molta Associates.

Prior to joining COLDWELL BANKER, Lasky met the Massachusetts real estate licensing requirements and completed her CBA Certificate, ABR Certificate, and MCBA Certificate. Lasky has over 14 years experience in residential real estate sales and management.

"We are happy to have Toni on our team," says Molta. "She has an excellent background in residential sales and management, and is extremely knowledgeable about the greater Springfield market."

Lasky is a 10-year resident of West Springfield and is an active member of the Massachusetts Association of Buyers Agents, REBAC, GSAR, NAR, and MLS.

Coldwell Banker Keenan & Molta Associates is the largest locally-owned real estate company in Western Massachusetts and the principal broker for Cendant Mobility, the largest relocation company in the world. Six offices and approximately 80 sales associates provide comprehensive home-selling, home-buying, and relocation services to the greater Springfield area.

For more than 90 years, COLDWELL BANKER has been the country's premier full-service provider of real estate services. Coldwell Banker Real Estate Corporation, a subsidiary of Cendant Corporation (NYSE:CD), franchises nearly 3,000 independently owned and operated real estate offices with more than 70,000 sales associates throughout the U.S., Canada, Mexico, Central America, the Caribbean, and Singapore.

The company is an industry leader in residential real estate, luxury and resort home sales, and commercial real estate through its COLDWELL BANKER COMMERCIAL division. The company's award-winning web site is located at www.coldwellbanker.com.

* * *

For copies of his photos in this edition, please call Jack Devine at 789-0053...

* * *

Ribbon-Cutting For Agawam's Newest CVS...



ON JUNE 21ST, Mayor Christopher Johnson (fourth from the left) and the staff and management of Agawam's newest CVS participated in a ribbon-cutting ceremony. Located at 163 Silver Street, the store opened on Saturday, June 5th. Advertiser News photo by Jack Devine.

Pam Savioli

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Your Home-Buying Process...

As you start your home-buying process, you'll need to define your needs, tastes, and preferences. Narrow down your search by identifying the home styles you like best — such as two-story, ranch, contemporary, or townhouse.

Decide what features you must have in a home and those you'd like to have. Do you want a two-

car garage, family room, or fireplace?

In making your decisions, consider your lifestyle realistically. If you don't like yard work, you might want a condo or a home with little landscaping. Hobbyists may need a work room or extra garage space.

Think about the neighborhood in which you'd like to live. Pick out neighborhoods that appeal to you and talk to the people who live there.

As your sales associate about property taxes, including any pending increases or special assessments.

Also be aware of any restrictions in effect in the neighborhood. Look for evidence of good zoning practices. Businesses or industries should not be mixed in with residences. Other regulations, such as on-street parking, may also be in force.

For more real estate information, call Pam Savioli at (413) 748-7565.

Best local
news...

The Right Kind Of Faith

What kind of faith do you need to be forgiven of your sins and to obtain peace with God? The right kind of faith focuses on Jesus Christ. Here's what to do:

1. Admit your sinfulness and tell the Lord you want to turn from it. Jesus said, "Unless you repent you will all likewise perish" (Luke 13:3).
2. Believe that "Christ died for our sins according to the Scriptures, and that He was buried, and that He rose again the third day" (1 Corinthians 15:3-4).
3. Trust in Jesus as your personal Savior and Lord. Romans 10:9 says, "If you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved."

The time to trust in Christ, to make Him the object of your faith, is now. You can do it today by praying something like this:

Dear God, I know that I am a sinner and that in my own strength I cannot do anything to please You or to earn eternal life. I believe that You love me and that You sent Your Son to die on the cross to pay the penalty for my sin. I now put my faith in You and trust completely in Jesus Christ to rescue me. I desire to turn away from my sin and to let You take control of my life. Amen.

If you prayed that prayer in all sincerity, you can say, "Now I have the right kind of faith!"

Adapted from the booklet *Do I Have The Right Kind Of Faith?*
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Spotlight On Business - continued...**Westfield Bank Forms Leasing Partnership**

Westfield Bank President Donald A. Williams has announced that the Bank has formed a strategic partnership with Kenneth Spafford of Spafford Leasing Associates, Inc. to offer leasing services to their customers.

"As the program manager with many years of experience in the leasing arena, Spafford Leasing will provide quality customer service and leasing expertise to the Bank's customers," notes Williams.

Westfield Bank Equipment Leasing Program will look to target small, mid-size, and large business and not-for-profit customers that require two- to seven-year leases. Amounts can range from \$10,000 to over \$1.0 million per transaction.

According to Spafford, the benefits leasing to the customer include "the ability to retain working capital by financing 100 percent of the purchase; no interest rate risk as the payments are fixed for the term and your business profits from use, not ownership of the equipment."

Allen Miles, Vice President of Westfield Bank, will be the primary liaison for the leasing business. Miles stated, "Many of our customers have requested lease financing and up until now, Westfield Bank has not been able to accommodate their needs. This new partnership will allow us to more fully service current and future customers."

Miles notes, "We are only a telephone call away if you would like more details on our Equipment Leasing Program." Interested businesses can call Miles at (413) 572-4222 or fax a request for an application to (413) 565-2486.

As a locally managed, full-service financial institution, Westfield Bank can provide a full array of commercial banking services. With over \$580 million in assets, Westfield Bank is *Just Big Enough* to provide you the services you need along with that personal touch business owners appreciate.

With offices located in Agawam, East Longmeadow, Southwick, Springfield, West Springfield, and Westfield, we have offices near your company. Call to see how we can benefit your business!



ANNOUNCING WESTFIELD BANK'S new Equipment Leasing Program (from left to right): Allen Miles, Vice President of Westfield Bank and primary liaison for the leasing business; Kenneth Spafford of Spafford Leasing Associates, Inc.; and Donald Williams, President of Westfield Bank.

Westfield Bank Contributes \$5,000 To Donahue Scholarship Committee

Donald A. Williams, President of Westfield Bank, recently announced that the Bank has contributed \$5,000 to the Friends of the Maurice A. Donahue Scholarship Committee.

The funds will be used, along with other contributions, to establish an endowed scholarship fund to benefit students who attend Holyoke Community College. As Mr. Williams noted, "Maurice Donahue was a true supporter of the smaller financial institutions, in his role as President of the Massachusetts Senate, Mr. Donahue helped pass legislation to keep us in a competitive position with the large commercial banks. We are pleased to support his legacy to not only banks, but education, with this contribution."

At the check presentation, Holyoke Community College President David M. Bartley stated, "Maurice Donahue was a man who truly lived his words as most of his career was dedicated to improving higher education throughout the state

and especially in the Holyoke area. Without his support, HCC would not exist in its present state today."

Mr. Bartley continued, "Contributions from local businesses like Westfield Bank pay homage to Maurice Donahue's legacy and help impart that legacy to future Holyoke Community College students for generations to come."


A graduate of HCC, Karen Kieda, is a Branch Manager of Westfield Bank. She said of her college experience, "It was wonderful having a quality college to attend right in this area."

Westfield Bank is a locally managed, independent mutual holding company with assets of over \$590 million. The Bank provides a full array of personal and commercial banking services. Headquartered in Westfield, the Bank has offices in Agawam, East Longmeadow, Springfield, Southwick, and West Springfield.

* * * * *

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* * * * *



COMMON SENSE
with
Raymond Rose
THE PIONEER GROUP

Procrastination Solutions...

Be happy and positive. Take steps to insure a more joyful and positive life. Do happy things; see positive movies, read good books, practice affirmations, be around positive people, etc.

Know yourself, and have realistic expectations of yourself. Having goals, recognizing your past failures, and understanding your moods will help you ward off procrastination and negativity.

SEE RAY ROSE - Page 22...

ALAN L. FERRIGNO

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Feeding Hills, MA 01030
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Spotlight On Business - continued...*From Coldwell Banker...***Keenan & Molta Associates Announce Record-Breaking Sales**

Robert P. Molta, President of Coldwell Banker Keenan & Molta Associates, has announced record-breaking year-to-date sales. The 1999 year-to-date sales have increased by 44 percent over the 1998 year-to-date sales (January 1st to June 30th).

"Since 1995, Keenan & Molta Associates has experienced a tremendous increase in the sales of residential properties by over \$50 million. It appears as if 1999 will be another record-breaking year," said Molta.

Coldwell Banker Keenan & Molta Associates is the largest locally-owned real estate company in Western Massachusetts and the principal broker for Cendant Mobility, the largest relocation company in the world. Six offices and approximately 80 sales associates provide comprehensive home-selling, home-buying, and relocation services to the greater Springfield area.

For more than 90 years, COLDWELL BANKER has been the country's premier full-service provider of real estate services. Coldwell Banker Real Estate Corporation, a subsidiary of Cendant Corporation (NYSE:CD), franchises nearly 3,000 independently owned and operated real estate offices with more than 70,000 sales associates throughout the U.S., Canada, Mexico, Central America, the Caribbean, and Singapore.

The company is an industry leader in residential real estate, luxury and resort home sales, and commercial real estate through its COLDWELL BANKER COMMERCIAL division. The company's award-winning web site is located at www.coldwellbanker.com.

RAY ROSE - from Page 21...

Confront and conquer your fears. Statistics show that 90 percent of what we worry about never happens. If you don't address your fears and move through them, they hang over your head forever. Fear of public speaking and fear of going to the dentist are good examples. Until you get through them, they will always be lurking in the back of your mind.

Reward yourself. Make it simple, positive, and motivating. Not food, but perhaps a movie or letting yourself sleep in. To make rewards effective, be consistent with them.

Subdivide your tasks. There's an old saying: The best way to eat an elephant is one bite at a time. (Some ketchup wouldn't hurt, either.) Divide larger tasks into bite-size pieces. Commit to giving it your undivided attention for 15 minutes, then work on something else for a while. Repeat until the task is finished. Maybe you're better at getting things done if you sandwich the undesirable job between two things you enjoy. If you love gardening, work on the unpleasant task between two rounds of gardening.

Develop a plan, and get organized. Organizing goals and plans is important to reaching a desired outcome. You can't hit a target unless you know what it is. Make the outcome viable and measurable. The more you pre-plan, the less time you'll spend doing and re-doing.

Set your priorities. Your approach can be planned more effectively, once a hierarchy of importance is established. This also empowers you to turn down tasks that distract you from more important projects.

Learn and practice effective time management skills. Lost time can never be regained. Using your time effectively means no regret for wasted time or misspent time. It helps to recognize the difference between being too late.

Delegate. Learn to divide and conquer, but be sure that the task and desired outcome are clear to all involved. If the people you delegate to are constantly needing clarification or information, you won't get anything done.

These tips should help you put a stop to procrastination. Unless, of course, you put off using them until tomorrow.

Raymond Rose is the Principal of THE PIONEER GROUP, a professional real estate firm that represents home buyers only. Comments/questions can be directed to his office (731-6800) or his e-mail (RayRose111@aol.com). Also, contact him via e-mail to receive his FREE online newsletter, THE PIONEER REPORT - Online.

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PAT BUTTERFIELD AND LENORE BROOKS, owners of Chameleons School of Esthetics. Brooks is a resident of Agawam.

Grand Opening Ceremony Held For "Chameleons School Of Esthetics"

Northampton Mayor Mary Ford officiated at recently-held ribbon cutting ceremonies and opening of the Chameleons School of Esthetics, a Catherine Hinds Concept School. Ms. Hinds, founder of the Catherine Hinds Institute of Esthetics and a longtime activist for the American esthetician, was also on hand for the festivities.

Lenore Brooks of Agawam, Director of Education, stated, "This is a terrific career opportunity that will open up many avenues for men and women wanting to participate in this very specialized, health-related field," Catherine Hinds said. "The many facets of a career in the beauty industry makes esthetics well-suited to the millenium workplace; jobs in day and destination spas, cruise ships, working for dermatologists

and plastic surgeons, not to mention salons expanding to include skin care services."

The new school, housed in a separate, 4,500 square-foot facility apart from Chameleons School of Hair Design, is the first and only school in Western Massachusetts to utilize the renowned Catherine Hinds esthetics curriculum and will offer a 300-hour Basic Esthetics and 600-hour Advanced Esthetics licensing programs providing a viable and valuable educational option to the community at large in this rapidly expanding field.

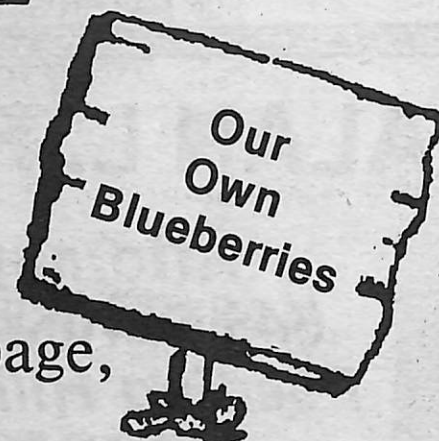
Chameleons School was chosen as the first Catherine Hinds Concept School after an extensive search to find like-minded educators with a similar value system towards excellence in trade and technical training.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter...

* * * * *

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Spotlight On Business - continued...

Legal
Memo

by
Alan L. Ferrigno, Esq.
546 Springfield St., F.H.
(413) 786-9454



Employment

Sexual Harassment - Restaurant Employee

Where evidence indicates that a restaurant owner terminated a complainant employee not because she made too many personal telephone calls, but instead, because she refused to respond to his repeated unwanted sexual advances, the Massachusetts Commission Against Discrimination (MCAD) holds that the complainant was a victim of sexual harassment for which both the individual and the restaurant are liable.

Having said this, the MCAD ordered the restaurant owner to:

"1. Cease and desist from engaging in sex discrimination, including sexual harassment.

2. Submit to the MCAD a written policy concerning sexual harassment in the workplace for distribution to all employees as required by M.G.L. c.151B, section 3A.

3. Distribute to all employees the policy referenced in the preceding paragraph and post the policy conspicuously in two places in the restaurant.

4. Submit to the MCAD a plan for training all of the restaurant owner's employees, and all new employees for the ensuing two years, concerning the legal requirements of non-discrimination in the workplace.

5. Certify to the MCAD that each employee has been trained pursuant to the plan required in number 4 above, and, thereafter certify every six months that all new employees have been so trained.

6. Submit to the MCAD a policy for responding to and investigating complaints of discrimination and harassment.

7. Pay to the victim the sum of \$3,200.00 as compensation for lost wages, with interest thereon at the statutory rate from the date the complaint was filed.

8. Pay to the victim the sum of \$20,000.00 as compensation for emotional distress resulting from unlawful sexual harassment, with interest thereon at the statutory rate from the date the complaint was filed."

Attorney Alan L. Ferrigno maintains an office at 546 Springfield Street, Feeding Hills, Massachusetts. If you have a legal question, Attorney Ferrigno will attempt to address the same in this column. Please send any questions to the address listed above.

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Melanie Blackak Of PartyLite Gifts, Inc.,
Awarded An All-Expense-Paid Trip To Aruba

An all-expense-paid trip to Aruba has been awarded to local resident Melanie Blackak. She is one of the nation's most successful independent Consultants with PartyLite Gifts, Inc., the world's leading direct sales marketer of candles and candle accessories.

As part of the elite group of 1,474 Consultants recognized for their success in achieving personal sales and sponsoring challenges, Melanie was treated for five days and four nights of sun-drenched, fun-filled excitement in exotic Aruba. Located just 17 miles off the coast of South America, Aruba is considered one of the world's premier vacation destinations.

While in Aruba, trip-earners enjoyed fabulous accommodations at several four-star hotels and had the opportunity to sightsee and tour the island's attractions. Activities included visiting the Caribbean's highest rock formation, the Natural Bridge, snorkeling in calm turquoise waters, basking in the sun and balmy tradewinds, dining in style at the island's gourmet restaurants, golfing on the world-class Tierra del Sol Golf Course, and gaming and entertainment at several glamorous casinos.

One of the many highlights of the vacation was an elegant evening of fine dining and dancing at the "Aruba Adventure Awards Banquet"—a private celebration held at The Seaport Conference Center. Here, top achievers in PartyLite were presented with awards, gifts, and recognition for their outstanding accomplishments. The trip ended in grand style with a lavish "Taste of Carnival" Caribbean buffet, complete with a parade of elaborately decorated floats (or "road pieces" as they're referred to in Aruba), Aruban festival music, costumed entertainers, steel drum band, and all the revelry of Mardi Gras.

A resident of Westfield, Melanie began her career with PartyLite two years ago as an independent Consultant. Managing a personal business, she provides customers in the New England area with expert decorating advice and assists with developing and training new Consultants. She is one of more than 28,000 Consultants with PartyLite nationwide.

PartyLite Gifts, Inc., based in Plymouth, Mass., is a subsidiary of Blyth Industries, Inc., the



INDEPENDENT PARTYLITE CONSULTANTS:
Melanie Blackak of Westfield and Heide Blackak of Agawam.

nation's largest manufacturer of candles for home and commercial use. As the exclusive direct sales marketer of Colonial Candle of Cape Cod® brand candles, PartyLite has experienced phenomenal sales growth in recent years and is currently one of the fastest growing companies in the Direct Selling Association.

To learn more about the products and career opportunities with PartyLite in your area, please contact Melanie at (413) 568-5635, or call PartyLite Home Office at (508) 830-3100, Monday through Friday, between 8:30 a.m. and 5:00 p.m., Eastern time. Or visit their site on the Internet at <http://www.partylite.com>.

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Spotlight On Business - continued...



Timely Tips On How To Manage Your Finances

by Sue & Charlie Alvanos
Personal Financial Advisors
American Express
534-3883

Strategies On How To Maximize Your Summer Vacation Dollars...

Ah, summer at last! It's time to enjoy a leisurely escape with your family on that long-awaited vacation. If you're worried about how to make the experience memorable while sticking to a budget, here are some dollar-wise ideas:

Be flexible. If you haven't made plans in advance, you may be able to snag a last-minute flight to a number of destinations at a bargain price. Known as "fire sales" in the travel industry, tickets on flights with space available at the time of departure are often booked at far less than their original price.

The key is to be flexible. You may not be able to book your first destination choice or your favorite time of day or week to travel, but you can potentially save hundreds of dollars. An airline reservations agent or your travel agent can give you information about last-minute flight deals or you can check airlines' and general travel Internet sites for bargains.

Pass up amenities and "frills." Traveling on a budget doesn't have to mean jamming five family members into a pup tent, but there are ways to

save on your accommodations. For example, if you're looking at a beach vacation, staying across the street from the ocean rather than on the beach can be a significant cost savings.

For plans that include traveling cross country, shop and compare deals offered by major motel or hotel chains for overnight stays. Some motel chains offer budget accommodations with free breakfast and reduced rates to members of groups such as AAA.

In addition, some downtown hotels offer five-star accommodations at greatly reduced rates if you are traveling during the off-peak times or over the weekend. Bed and breakfasts can also offer reasonable rates, delicious food, and friendly service.

Travel packages often provide a very good value. Tour operators buy hotel space in advance and often sell it at a discount to the general retail rate. Packages often include airfare and transfers — all at a better price than buying them separately on your own.

You usually pay in advance, so you know what you're spending and can avoid post-vacation surprises in the mail. Again, ask your travel agent.

In addition, to stick to your budget and protect your funds, carry travelers cheques rather than being tempted to get more cash from an ATM or spend more than you planned on plastic.

Look for frequent traveler programs. If you travel frequently for business and have accumulated various travel perks, family vacations can be an opportune time to cash them in.

Check your program guidelines to see the discounts you are entitled to. Many include reduced rates for hotels and car rentals in addition to free or discounted airfare.

If you plan to travel regularly with your family, it may pay to enroll all family members in a frequent

traveler program so they begin accruing benefits immediately.

Take advantage of coupons and discounts. Before making your travel plans, check travel magazines to see what advertised bargains are available. In addition to special offers, you can often unearth unadvertised specials simply by asking hotels and airlines. Some discounts are unpublicized and are available only to those who ask.

For those travelers with coupon books that include restaurants, hotels, and car rentals, carefully wade through the book prior to your vacation departure. Many coupons offer half-price accommodations and two-for-one meals in restaurants.

Visit free and inexpensive attractions. Amusement park admission fees add up quickly for a traveling family. But there are other ways to entertain the troops without dishing out hundreds of dollars each day.

When you arrive at your destination, go to the convention and visitors bureau for coupons and information to help you save at local restaurants, as well as free and low admission price events and attractions such as botanical gardens, museums, restored villages, monuments in cities, and tourist areas.

A day spent at the beach or a park can also be a relaxing respite for kids and parents alike after long days of travel. Local chambers of commerce can be valuable resources for finding low-cost attractions in the cities you visit.

A summer vacation can be a memorable way to spend some quality family time. It's also a great opportunity to introduce your kids to the idea of budgeting and saving money. By involving the whole family in financial decisions, you can provide an entertaining as well as an educational vacation experience.

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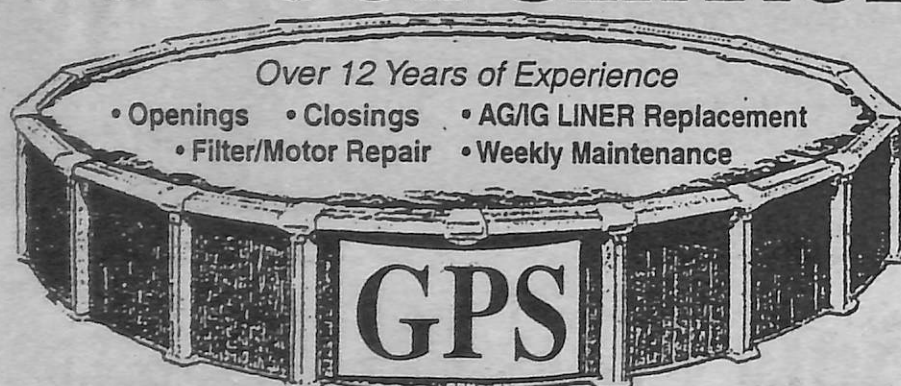
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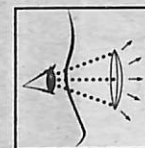
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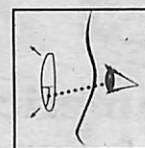
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For Your Health



Your Back And Your Health

by Dr. Joseph
S. Schlaffer
Schlaffer
Chiropractic Offices
192 Shoemaker Lane
Agawam

Treatment For Osteoarthritis

Question: I've been experiencing chronic pain in the neck area for several months, and was recently diagnosed as having osteoarthritis by my family doctor and an orthopedic doctor.

They have treated me with everything from Celebrax to antidepressants to continuing Darvacet for the pain. No improvement! Would a chiropractor be able to help someone with diagnosed osteoarthritis of the neck? Can I get relief from this pain?

Answer: I have seen numerous patients diagnosed with osteoarthritis who were told they'd just have to live with the pain by their medical doctors. While I have not been able to help all of these patients, I have been able to help the majority at least greatly decrease their pain.

I would highly recommend that you try chiropractic care. I would also suggest supplementing with glucosamine sulfate and chondroitin sulfate, which are substances that help the body repair the joints. These supplements take some time to work, but usually start reducing symptoms within six to eight weeks at doses of 500 to 1,000 mg per day of each.

Non-steroidal anti-inflammatory drugs will cover up the pain while the condition further progresses. Chiropractic care can restore mobility to previously hypomobile joints. This alone can alleviate pain and provide much greater mobility in the areas affected.

It is possible that your condition is too far progressed to benefit from chiropractic care. X-rays of the neck will help understand the extent of the condition.

If you suffer with the pain of osteoarthritis, you may find relief through chiropractic. Call the Schlaffer Chiropractic Office at 192 Shoemaker Lane, Agawam, 789-1369 or 789-1073.



Chiropractic Care

by
Dr. Tami Nelson
Chiropractic
Physician

Hampden County
Chiropractic
850 Springfield St.
Feeding Hills
786-4820

The Importance Of Exercise For Kids...

Have you noticed recently how big people are, especially children? This is very evident at the beach on vacation. What's going on with these kids? Is it diet or lack of exercise?

A recent research article in "Medicine & Science in Sports & Exercise" found there is evidence that both positive and negative behaviors established at a young age have a high probability of persisting into adulthood.

We know physical activity has been shown to reduce the risks of developing type II diabetes, colon cancer, and many other conditions, while lack of exercise has been shown to increase the risks. So early exposure to physical exercise may persist on to a healthy adult life.

The author concluded that consistent exposure to the process of exercise and to a health-oriented program in childhood may be most important in establishing positive exercise/fitness habits in adulthood.

So the key here is to expose our children to healthy habits now in life if we want them to be healthy adults later. Some hints:

- Instead of driving, walk or ride bikes.
- Have them help with the house/yard work.
- Make a game out of chores (running to the mailbox or taking out the trash).
- Eat frozen yogurt instead of ice cream.
- Eat fruit for snacks.
- Limit TV/computer time.
- Break up sedentary activities with active ones.

• Take a hike — a nice way to spend time together!

• Keep active and healthy; be a great role model for your children and don't forget to practice what you preach!

Dr. Nelson maintains an office at Hampden County Chiropractic, 850 Springfield Street, Feeding Hills, 786-4820.

Easter Seals Swimmers Say "Thank-You"...



BROTHERS TYLER, 5, and MATTHEW RIBERDY, 6, of Agawam, thank 1067 Riverdale Street, West Springfield D'Angelo's manager Dorothy Roberts (left - holding Tyler) and assistant manager Rosita Rodriguez (right - holding Matthew) for helping to raise \$1,354 to benefit Easter Seals and the Genesis Fund. The brothers both swim in Easter Seals adaptive swim programs at Springfield College and at the Holyoke YMCA. D'Angelo's has collected over \$2,000,000 for Easter Seals and the Genesis Fund since 1977.

Breast Cancer Support Group To Meet At Mercy Hospital

The Breast Cancer Support Group, sponsored by the Women's Pavilion at Mercy Hospital, will meet August 3rd and 17th, 5:30-7:00 p.m., in the Women's Pavilion, 299 Carew St.

The group is open to women who have been diagnosed with breast cancer or who have experienced mastectomy and other breast surgery. Family and friends are welcome to attend and share their experiences and concerns.

For more information, call the Women's Pavilion, (413) 748-9080.

The Sisters of Providence Health System (SPHS) is a founding member of Catholic Health East, one of the nation's largest health care systems. Catholic Health East facilities serve communities in eastern states from Maine to Florida. The SPHS' member organizations provide hospital and ambulatory care, rehabilitation, behavioral health services, nursing home care, retirement living, employee health services, home care, and more.

Four-Part Program For New Diabetics At Mercy Hospital

Newly diagnosed diabetics will benefit from a four-part educational series being conducted in August at Mercy Hospital.

The free series will take place August 9th-12th, 2:30-3:30 p.m., in the hospital's Deliso Conference Center, 299 Carew St. Sessions will provide an introduction to diabetes, dietary guidelines, a review of diabetes medications, and an overview of complications related to the condition.

Registration is required; call Mercy Hospital's Patient Education Department, (413) 748-9024, and leave your name and telephone number.

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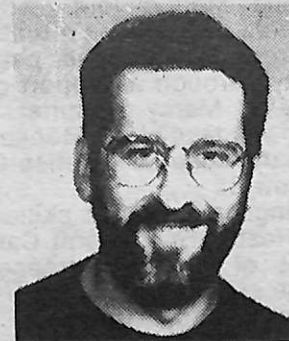


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For Your Health - continued...

Food for Thought

by Nancy Dell
Registered Dietician

Teaching Kids To Enjoy A Variety Of Foods...

Early childhood is the perfect time to explore the variety of healthful foods that promote kids' good health for a lifetime. Try these ways to make eating fun and start their nutrition education!

- **Offer one new food at a time** - along with familiar foods your child likes. A single bite of a new food is great!

- **Talk about the qualities of a new food:** color, size, shape, texture, temperature, and taste (sweet, salty, sour, or bitter), rather than if they like it.

- **Be persistent and patient with food trying.** Kids may need to try a food five to 10 times before learning to like it. Gently urge a bite or two; don't force food trying.

- **Be a food tryer yourself!** Children pick up verbal and nonverbal cues about food from you. If you eat vegetables, they're more likely to eat them. They learn healthful eating by watching you.

- **Observe the "no touching rule"** - if your child goes through this phase. When kids won't eat vegetables that touch chicken, this isn't the time to introduce new mixed dishes! Try later.

- **Accept food jags** - as a stage of growing independence. Kids may eat just one type of food for a while, then refuse it entirely. Food jags rarely last long.

What makes food appeal to young children? Food that's fun, familiar, and "finger-licking" may bring the most smiles!

- **Offer fun food:** interesting shapes, bright colors, different temperatures, and fun textures. How about crunchy graham snacks dipped in cool, creamy fruit yogurt, or a sandwich cut with a star-shaped cookie cutter?

- **Try easy-to-eat finger foods.** Offer crisp chicken nuggets, steamed veggie sticks, or fruit slices.

- **Involved kids in the kitchen** - with tasks appropriate for the abilities. It's fun for them to eat foods they helped prepare. Younger children might pour cereal into a bowl; older preschoolers might slice bananas with a butter knife.

- **Make it their own.** Single serve packages of crackers or graham snacks are easy to carry and fun for kids.

To nurture good food habits, make eating pleasant - free from stress, struggle, and pressure.

Nancy Dell, MS, is a registered dietitian in private practice in Feeding Hills and the media representative for the Massachusetts Dietetic Association. She can be reached at 850 Springfield St., Suite 4, Feeding Hills, MA 01030, (413) 786-2957. Accepting Tufts, Secure Horizons, and Harvard Pilgrim.

At Mercy Hospital...

Support Group For Individuals Whose Parents Have Cancer

Learning that your parent has cancer is difficult for children of all ages. But discovering you're not alone and sharing your feelings and concerns with others in the same situation can help.

Children of area cancer patients have that opportunity, through a support group which meets monthly at Mercy Hospital. The group's next meeting will take place Monday, August 2nd, 7:00 p.m., in the hospital's Deliso Conference Center, 299 Carew St.

Meetings are led by skilled facilitators from Mercy Hospital's Pastoral Care Department and are free of charge. Persons of all ages are welcome.

For more information, call the Pastoral Care Department, (413) 748-9453.

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"Horticulture Therapy" At Mercy Hospital...



ADOLF MATYS of Holyoke, BOB HALL of Agawam, and PARRIS HOWARD of Springfield work with Denise L. Demick, M.Ed., CTRS at the Weldon Center for Rehabilitation at Mercy Hospital. The men are participating in Weldon's horticulture therapy program, which is under Demick's direction.

Stroke Support Group To Meet July 26th At Mercy Hospital

Stroke survivors, their families, and friends are invited to attend the next meeting of the Stroke Support Group, sponsored by the Weldon Center for Rehabilitation at Mercy Hospital.

The free session will take place Monday, July 26th, 7:00 p.m., in the hospital's Deliso Conference Center, 299 Carew St. Meetings are conducted the fourth Monday of each month, offering information and fellowship for persons living with the effects of stroke.

For more information, call group facilitator John Reagan, (413) 748-7187.

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The SPHS' member organizations provide hospital and ambulatory care, rehabilitation, behavioral health services, nursing home care, retirement living, employee health services, home care, and more.

Cholesterol And Glucose Screenings At Mercy Hospital

Mercy Hospital will conduct cholesterol and blood glucose screenings Thursday, July 29th, 8:00-10:00 a.m., in the Memorial House Auditorium on the hospital campus.

There is a \$10 donation for the cholesterol screening; a \$2 donation is requested for the blood glucose screening. Fasting for 12 hours (water is allowed) prior to testing is recommended; results will be mailed to participants.

No advance registration is required. For more information, call the Patient Education Department, (413) 748-9024, weekdays between 8:00 and 9:00 a.m., or leave a message.

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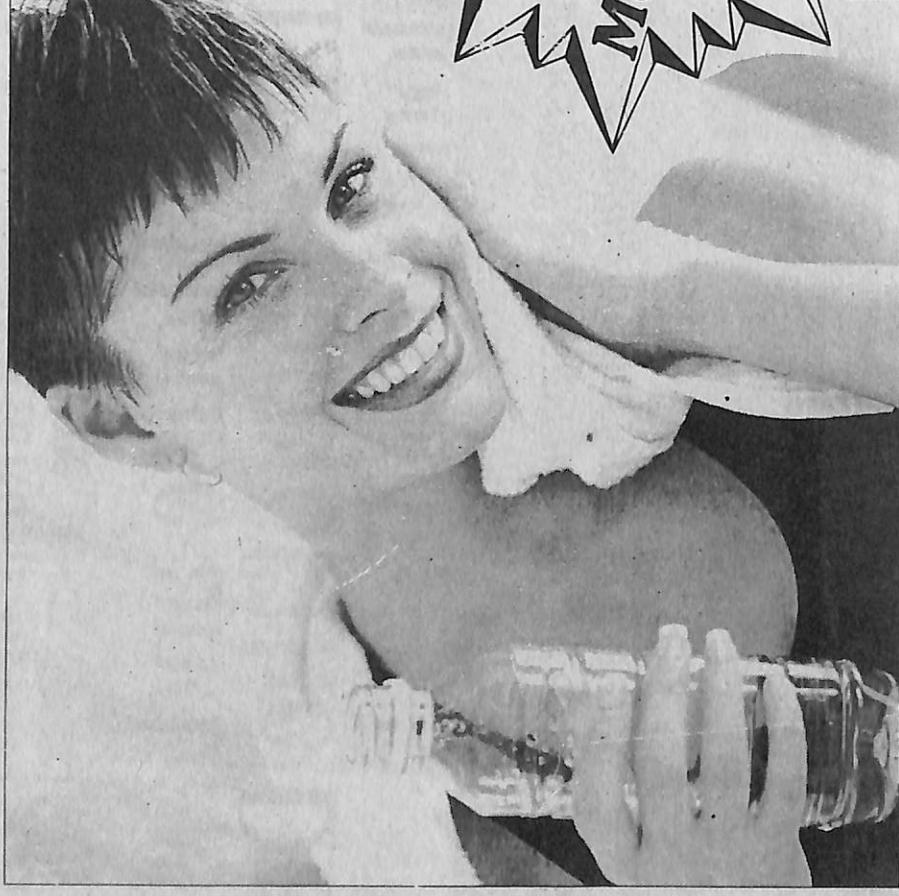


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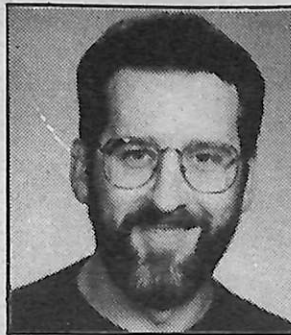
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Is The Family The Enemy?

The short answer is NO. A recent *Advertiser* reader sent me an e-mail wondering this question. He has been following my recent columns on Family Membership, Freedom into a New Identity, and Becoming *More Than Your Family Function*. It appeared to him that *moving into* a new identity, as I called it, seemed to require a "battle of sorts" within the family. He wondered this especially since I wrote about how invested the family system is in maintaining their "collective" identity.

What I think the reader is highlighting for us is the **conflict** that naturally occurs within all living systems, namely, can an individual (human systems) truly be an individual while also being a loyal family member?

What does the word **individual** mean? The American Heritage Dictionary describes it as: 1.a. (n) a single human being considered apart from a society or community. b. a human being regarded as unique; c. a person distinguished from others by a special quality; 2. (adj) existing as a distinct entity; separate; 3.c. serving to identify or set apart.

To become an individual, therefore, a person must *separate, be set apart, be considered special and unique*. Depending on the *health* or dys-function of each particular family, they will be encouraging and/or discouraging of this process of individuation. The family does *not* need to become the enemy to be destroyed or escaped from (despite how you may feel this). The family is, however, the context from which we learn to separate from while attempting to paradoxically remain in connection with them (more on this next week).

I believe the family that (as best as possible) encourages an individual *sense of self* for all persons receives the ultimate paradox; separateness and connectedness. Many people live in a linear-cause & effect, either/or lifestyle that can preempt this paradoxical living from taking place. Depending on the level of dys-function in a family, members can work overtime *not* to promote individuals and in effect seek to destroy one's effort to become an individual.

I observe a phenomena in families in our society that promotes a sense of "individuality" on one hand, yet glues us to the "collective" on the other hand. We need to decide if we are or are not going to buy into this *appearance* that promotes, values, and affirms someone really being their own 'self.' Consider the many advertising campaigns, signs of the times, popular songs, symbols, direct, and more subtle messages around us that encourage us to conform, stay in line, comply - yet be yourself! As long as you buy our brand and join our group, you can be an individual!

The message one gets is that if you belong to our group (family), know its needs, do all in your power to serve it, and remain fiercely loyal to it - **you will be OK!** Whatever you do, don't challenge it and always go along with it! Don't rock the boat! Keep it afloat at all cost!

If you *do not* see the family as the enemy, worth cutting-off from or become overly-invested in, then perhaps there is hope that you can become your own, *special and unique, set apart from, separate yet connected "individual" person*. What is your experience? Please continue to e-mail and write to me with your feedback, relationship questions, and topics and Let's Talk About It.

Dan Pender, MA, MFT, is a Marriage & Family Therapist with a private practice in Agawam, MA. He is a Clinical member of the American Association of Marriage & Family Therapy and can be reached by "e-mail" (look for address in his advertisement) or "P.O. Box 449," Agawam, MA 01001, (413) 789-4460.

* * *

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you...

* * *



Fitness Tips...

by
Carmela Kirk, R.N.
Fitness Director
Fitness First

Fat Storage...

Our bodies are amazing, aren't they? They just seem to adapt to whatever we need.

Fat, for example, is our back-up fuel source. Our bodies know that we need some extra fuel sometimes, so it stores it up for us. This really was to our advantage many years ago, when we did go more than half a day without food.

The problem today is our eating has changed, our activity has changed, but our bodies are still wonderfully equipped to store, store, and store!!! Aren't you thrilled to know your body is doing exactly what it is supposed to do? Is thrilled too strong of a word, perhaps?

Anyway, I get plenty of questions on reducing fat in certain areas and toning certain areas; my answers are the same. Your body stores fat where it wants to.

Some of us, women especially, keep it around our hips and buttocks. Some, mostly men, keep it around the mid section. Where you store it is going to be where you retrieve it from, too.

Commonly, we will lose fat from the top down. The further down you do, the harder it is to lose because your body wants to hold on to that storage. Don't give up at this point; this is where consistency in your workout is real important.

It is also important to eat regularly; let your body know you will refuel regularly so it's not such a fat-storing machine. Those low-calorie, eating-once-a-day kind of diets will make you an awesome fat-storer, so beware. If you want to lose fat, you also need to work out with that goal in mind.

Long, moderate-intensity workouts are what you need. More than 20 minutes, up to 45 is important. Your body needs a reason to tap into its storage bin, so make sure you give it a good reason (three to four times per week). The more you use it, the more your body will be willing to give it up.

Your heart rate should be around the 75 to 80 percent range, and keep it there consistently throughout this workout. Adding light resistance training is important. Your muscle will burn fat most efficiently.

Do a good, light-weight, high-repetition workout to tone, define, and burn calories. Don't forget about self-talk, too. "I'm so fat" does not work unless you finish it with "because my body is a magnificent storer. Well done, body, but no thanks." And get to work.

Merriam-Graves Corp. Acquires Assets Of Minuteman Equipment

Merriam-Graves Corporation ("Merriam-Graves"), with its Medical Division headquarter in West Springfield, announced recently that it acquired certain assets of Minuteman Pulmonary Medical Equipment, Inc. ("Minuteman") based in Agawam.

The terms of the agreement were not disclosed. The Medical Division of Merriam-Graves provides home care respiratory services and medical products to customers in the New England marketplace and Minuteman provides similar services in the Springfield and Holyoke marketplace.

In announcing the transaction, Scott Wakeman, President and CEO of Merriam-Graves, said, "Bringing Merriam-Graves and Minuteman together provides a great opportunity for us to expand our role in providing home patient medical services to the Western Massachusetts area. Our new customers will benefit from our expanded resources and product line while enjoying the high level of customer service they were accustomed to receiving from Minuteman."

Allan Till, president of Minuteman, who will be joining Merriam-Graves for a transitional period, said, "This is a win-win situation. Our employees will join an established and respected company in our industry and our customers will have access to more products and services while still doing business with familiar personnel. Merriam-Graves is a quality company with solid values and high integrity. Joining forces with them is a natural for Minuteman."

Merriam-Graves Corporation is a leading distributor of industrial, medical, and specialty gases in the Northeast. Serving customers from its 29 retail locations, Merriam-Graves provides creative and effective solutions to home patients and medical professionals.

For additional information, please contact Gregg Tewksbury, Chief Financial Officer, Merriam-Graves, at 603-542-8768.

Hearing Screenings & Hearing Aid Checks At Agawam Senior Center

Mercy Hospital's Weldon Mobile Hearing Center will conduct free hearing screenings and hearing aid checks on August 2nd at 9:00 a.m. at the Agawam Senior Center.

In addition, full diagnostic hearing tests, evaluations, fittings, sales and service of hearing aids, and assistive-listening devices, can be scheduled on a fee-for-service basis.

The hearing van's audiology equipment is operated by nationally-certified audiologists from the Weldon Hearing Center at Mercy Hospital.

For a reservation, call 786-0400, ext 242.



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Arts

Red Door Theatre Offers New Play For Young Mystery Buffs

The Delaney sisters are trying to save their old house from being taken for back taxes. Someone wants to buy it and will do anything to get it, including sabotaging a community arts festival to raise money for the spinster ladies.

To the rescue comes The Snoop Troop Agency, a group of self-appointed detectives who are on the case to find out who is doing the mysterious deeds. Led by super-sleuths Trevor Thomas and his trusty snoopdog, Columbo, the teen detectives gather clues, interrogate suspects, and collect photos and fingerprints in an attempt to solve the case before it's too late.

Ryan Stelzer of Westfield plays Trevor and Justin Murphy-Mancini of Wilbraham takes the role of Columbo in this original mystery play written by STAGE co-director Margie Secora. Others in The Snoop Troop Agency are Nate deJongh of Agawam, Tim Brown of Springfield, Ashley Hess from Texas, and Allie Markowski and Sara Miga of Suffield.

The Delaney sisters are being portrayed by Sara Dorans of Agawam and Caitlin Galiatsos of West Springfield. They, along with their feline companions Millicent (Kim Dorans of Agawam) and Mad-die (Rachael Brueno of Suffield), are hosts to several organizations which are participating in the festival.

Staying at the Delaney house are Mademoiselle Marie (Katie O'Connell of Feeding Hills), the opera singer, along with her pets Fifi and Gigi (played by Kaila Pirnie of Agawam and Elizabeth Treiber of Suffield). Professor Taylor (Chris de-Jongh of Agawam), along with his archaeological cohorts (Joshua Hirst, Noah Nisenkier, Steven Placzek, and Doug Wallace), have been invited to display their Egyptian findings.

Madame Solaria (played by Rachael Nisenkier of Springfield) arrives to hold a seance to shed some light on the old house and its mysterious past, but the result sends a local girls' choral group, "The Rainbow Girls," into a frenzy. The girls are played by Sarah Basile, Elizabeth Breen, Sarah Brueno, Caitlin Campbell, Ashleigh Casey, Alecia Champiney, Somyah Dahdul, Susan Damon, Diana Demont, Sarah Dion, Caroline Galezowski, Sarah Houlihan, Leah Johnson, Alexandra Messmer, Nora O'Connell, and Shannon Smith. They are led by Miss Cassandra (played by Liz Bannish of West Springfield).

Filling out the 42-member cast are house servants Katherine (Sara Cagan of Springfield), Mrs. Lockenhardt (Sara Sambrook of Southwick), Jeems and Doctor McArthur (played by brothers Greg and Andrew Bannish of West Springfield), and the gardener, Mr. Pete (played by James Damon of Suffield). On hand to make certain that the festival runs smoothly is Police Chief and Trevor's mother, Captain Thomas (played by Longmeadow's Meredith Ulrich).

Tickets for this show, with performances July 23rd, 24th, and 25th, along with STAGE's next offering, "The Sword and the Crystal" (August 6th, 7th, and 8th), may be reserved by calling (413) 789-2026. All tickets are \$5 for these performances, which are held at The Red Door Theatre, 152 South Westfield Street, Feeding Hills.

The Red Door Theatre was recently awarded runner-up as "The Best Place To See Live Theatre," and STAGE was voted "Best Place For Children's Theatre" by *The Springfield Advocate* Readers' Poll.

STAGE is currently celebrating its 10th anniversary season of presenting live children's theatre.



THE MEMBERS OF "Sold Out" will be entertaining town residents on Wednesday, July 28th, as part of Agawam's summer entertainment series.

The Band "Sold Out" To Perform In Concert On Veterans' Green

"Sold Out," the area's premiere tribute band, will be performing its Motown singing and dancing review on Wednesday, July 28th at 7:00 p.m. at Veterans' Green in front of Phelps School as part of the town's summer entertainment series.

Admission is free and the performance will be held rain or shine. The nine-piece group was recently voted "Best Tribute Band" by both the *Springfield* and *Hartford Advocate* and recently performed for Donald Trump at Atlantic City's Trump Marina.

Their high-energy performances and slick choreography have made them fan favorites throughout the Northeast. The night's entertainment is sponsored by Westfield Bank with additional funding provided by the Massachusetts Cultural Council.

For more information, call 789-7393 or on the web at www.agawamcc.org.

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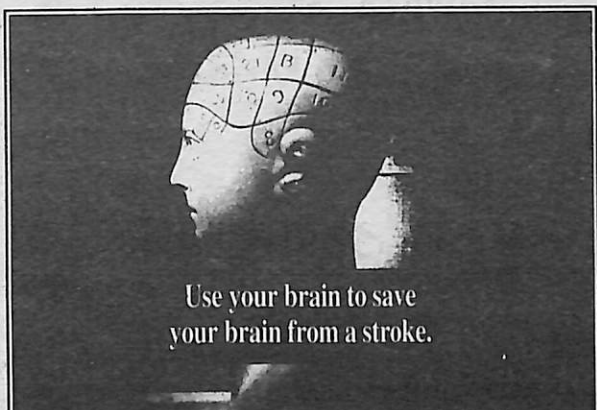
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Hoping To Have 1,000 By August 1st...

Summer Reading Prog. Attracts Over 700 At Agawam Library

by Kathy Shepard
Advertiser News Feature Writer

The 1999 Statewide Summer Reading Program, called "Funny Things Happen When You Read," has attracted over 700 kids. This program is funded by the Massachusetts Regional Library System and the Agawam Public Library. "We are hoping to see over 1,000 children sign-up by August 1st," says Jeanne Hofmann, Children's Librarian of Agawam Public Library.

Everyone who joins the program gets a sheet of coupons, including a pass to Children's Museum of Holyoke, the Zoo in Forest Park, Basketball Hall of Fame, the Springfield Museums at the Quadrangle, and Hancock Shaker Village. The Calendar of Events at the Agawam Library proclaims free, entertaining, and cool programs such as EVERY MONDAY from July 12th to August 30th, from 10:00 to 11:30 a.m., the TODDLER PLAYGROUP (ages 18 to 30 months). (Strictly for toddlers and their parents or caregivers.)

EVERY TUESDAY, from July 6th to August 10th between 10:00 and 10:30 a.m., CREATIVE CRAFTS (for ages 3½ and up) highlights the wonderful collection of craft books. Examples of the projects planned are PAPER CAPERS, FEATHER FEATURES, FUN WITH FOOD, PUPPET PROJECTS, and ARTY PARTY.

"We work so hard to keep our children reading throughout the summer because we know from research studies that have been done that kids who don't read in the summer can lose up to one-third of the reading skills they had at the end of the previous school year," Mrs. Hofmann told us.

"We also know that if we can entice children to the library, we have a good chance of turning them into lifelong readers. We think we can find something of interest to even the most reluctant reader," she continued.

All Kids With An Agawam Library Card...

The program runs from June 14th to August 12th. All children (including toddlers, preschoolers, and young adults) with an Agawam Library Card can join the Summer Reading Program. Each person signs up in the folder for the grade and school they will be attending in September, and each time they check out books on their own card, they receive a small prize.

There are instructions on earning raffle tickets, and a raffle is held once a month. If 25 days of reading are accomplished, the child receives a Summer Reading Certificate of completion signed by Governor Paul Cellucci. A log book must be kept to participate in these segments of the program, and instructions are available. Those who partake have a chance to win a new bicycle, lottery tickets, or other weekly prizes, donated by Riverside Park.

On July 24th, "E.T." will be shown, sponsored by the Agawam Cultural Council, on Phelps Green. The movie will be preceded by a juggling act. For those who have reached their reading quota by July 23rd, there will be a raffle ticket to bring to this event for a new bike, but they must be present to win.

Other programs for the whole family will include a family concert, "Looking On The Bright Side," on July 29th at 7:00 p.m., "full of Trickster Tales and toe-tapping tunes" and sponsored by the Agawam Cultural Council. On August 5th, from 7:00 to 8:00 p.m., there will be a MAGIC

SEE READING PROGRAM - Page 33...

Meet The Master - by Dick Mastroianni...

ACROSS

- 1 Coarse files
- 6 Scarlett's home
- 10 Good old dad
- 13 Man with an army
- 14 Italian city
- 16 Mauna —
- 17 29 and 79 PGA winners
- 20 Not — rule
- 21 Wall of the PGA
- 22 Enola —
- 23 Uses a rebate
- 26 Parlor pianos
- 30 Author James
- 31 Time trial effort
- 32 Criterion
- 34 Bed boards
- 35 Collection of anecdotes
- 36 Totals up
- 37 Chicago hub
- 38 Unique person
- 39 "Mame" portrayer for short
- 40 Work from dawn to dusk
- 41 Training group
- 42 State or para follower
- 44 Damage
- 45 Rowboat problem
- 46 Realtors' sign
- 49 Stripling
- 50 "A Boy Named —"
- 51 Part of N.A.A.C.P.
- 52 1976 and 1981 British Open winners
- 58 Pitch blend
- 59 Clear the window
- 60 Get rid of
- 61 Through
- 62 North Sea feeder
- 63 Arose

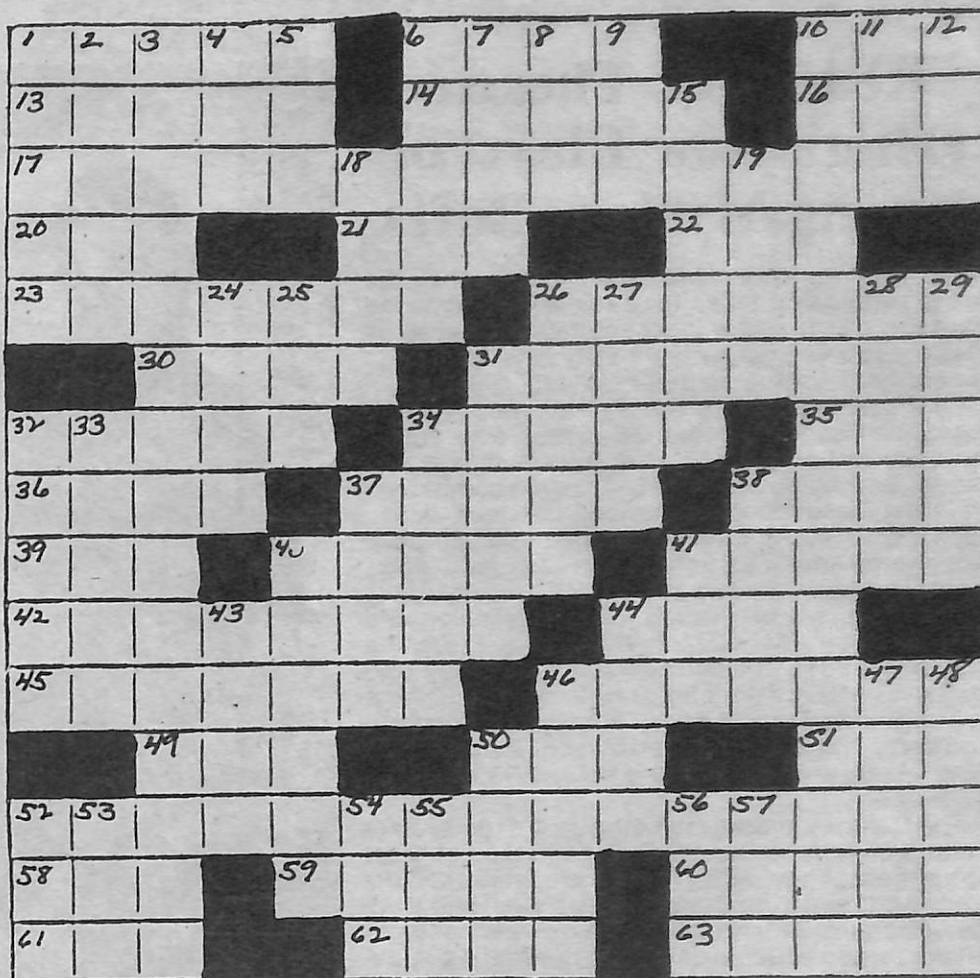
DOWN

- 1 Col. Potter's clerk
- 2 Spring up
- 3 1949 and 1979 Masters' winners
- 4 Glutton
- 5 Observe
- 6 Russian rulers once
- 7 Common contraction (slang)
- 8 Eric the —
- 9 Over — out
- 10 1936 and 1973 U.S. Open winners
- 11 "La La" lead in
- 12 Dawber
- 15 A & M players
- 18 Aching
- 19 Sally with fans
- 24 Often inflated things
- 25 Poetical contraction

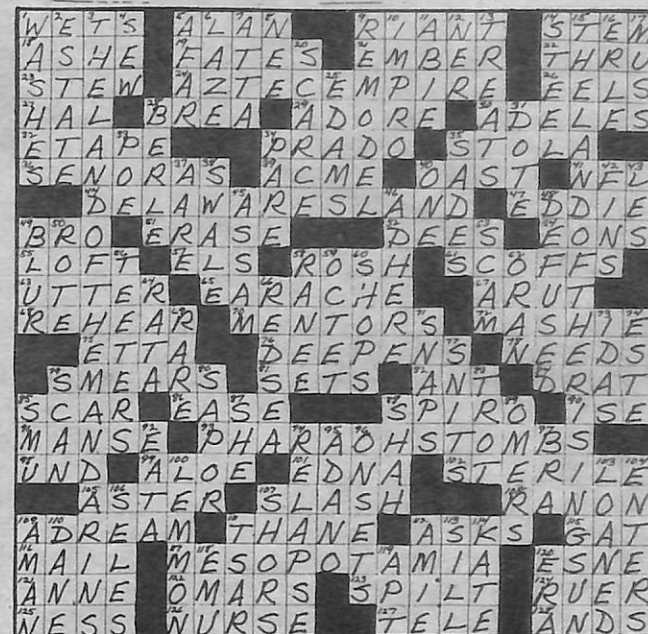
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"Meet The Master" is a regular feature of The Agawam Advertiser News...

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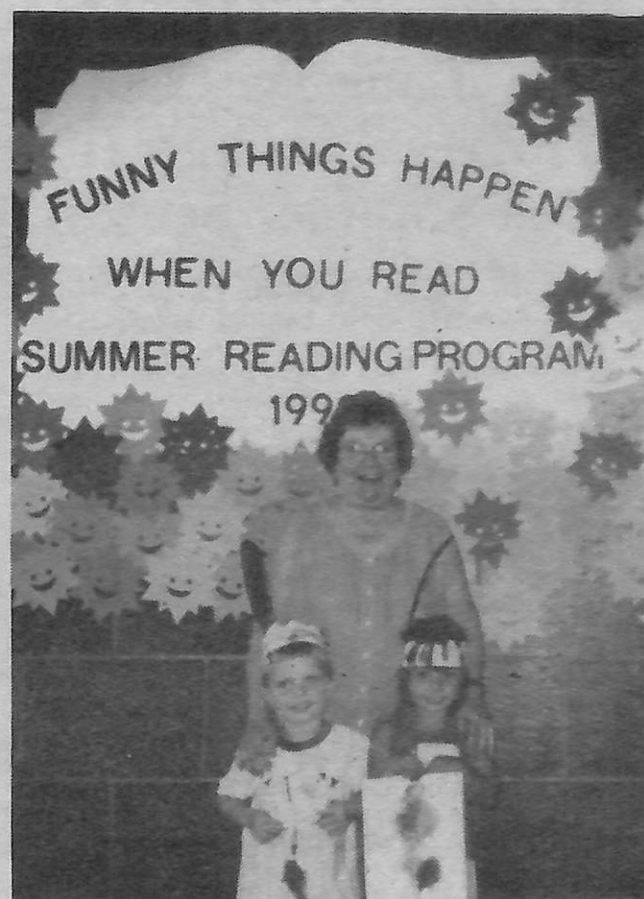
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THE SUMMER READING PROGRAM at the Agawam Public Library features a variety of activities for children of all ages, including a "Toddler Playgroup" (pictured above and below) for kids between the ages of 18 and 30 months and their parents or caregivers. Advertiser

News photos by Jack Devine.



JEANNE HOFMANN, Children's Librarian at the Agawam Public Library, with summer readers Justin Lecuyer and Taylor Senecal.



READING PROGRAM - from Page 32...

SHOW entitled "Magical Moments," funded by the Agawam Center Library Association.

On August 12th, the **ASTRO KELLERMAN SHOW** will take place from 7:00 to 8:00 p.m. According to Mrs. Hofmann, this is "a lively, interactive, and unique show starring performer Brian Smith, who has gotten rave reviews all over New England." And, on August 19th at 7:00 p.m., local families are invited to enjoy a **VARIETY SHOW** entitled "The Dancing Troll" with Bob Thomas, "who has been called a marvelous dancer and mime, a brilliant storyteller," she added. The Agawam Cultural Council funded this show.

These programs are without cost and open to the public, and everyone is welcome to stop at the Agawam Public Library to receive flyers, brochures, and information about the many benefits, programs, and resources. The Agawam Public Library belongs to the Western Massachusetts Regional Library System, whose headquarters is in Hatfield, through which workshops are available in planning and programming for children's librarians.

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Education

Perry Lane Day Camp Thrives Through Its 13th Summer Season

by Kathy Shepard
Advertiser News Feature Writer

New Agawam Park and Recreation Director Christopher Sparks is pleased with the success of Perry Lane Park Day Camp, which has now thrived on Perry Lane since 1987. "The camp is going very well this year, thanks in part to a veteran staff, all of whom have worked at the camp last year and years prior," he comments.

Gina Frasco and David Fazio, co-directors of the camp, oversee the 120 campers in the six to 11 age group, also known as the day camp. Pre-School, Day and Teen Camps all run from Monday through Friday from June 28th through August 20th. There are four two-week sessions.

Day and teen camp are from 9:00 a.m.-3:30 p.m. and preschoolers attend from 9:00 a.m. to noon. This year, there are 20 youngsters in the preschool division. Lisa Bruno, Pre-School Camp director, says, "It's great for the kids to socialize while being in a structured environment. The children love it and return session after session and year after year. We have theme weeks, such as circus week, beach week, red, white, and blue week, and we try to gear activities and projects to the respective theme."

"We have arts and crafts, sports, free choice time, where the kids are supervised but they choose their activity (maybe hula hoop, the wade pool, or play in the sand). Half a day seems just right for this age group and they are always busy," she noted.

Trude Piscitelli, the Camp Nurse, further noted, "I provide basic first aid, dispense medications for campers with prescriptions or on inhalers, and I am responsible for medical records. If kids have special needs, we might do a presentation to help kids understand a fellow camper's needs. One year, I had a presentation about asthma, because many of our campers are asthmatic. Public health carries over into camp; it's a necessity, as it is in schools. This is my third year and it's a great place to work. Everyone has fun, including the staff and the kids."

Exciting Events Coming Up

Frasco and Fazio outline the exciting events coming up for the rest of the season for the day camp, including "a scavenger hunt and a visit to Connecticut Golf Land in Vernon for go-carts and bumper boats. A trip to the Science Museum in Worcester, where polar bears can be viewed, is slated for later in the summer as well as some outings for mini-golf, and most likely a trip to the Basketball Hall of Fame."

The Day Camp provides an assortment of imaginative, challenging exercises and activities, including kickball, a homerun derby, soccer, "capture the flag," and hockey. Dan Pryce coordinates games and sports activities for the camp and on Monday, Tuesday, and Thursday afternoons, the campers have the chance to take tennis lessons with Maureen Dimock.

There is also a free swim every day. According to Fazio, "The camp splits in the afternoons, and some of the kids go to free swim while the rest go to activities. At about 1:45 p.m., they switch, until camp closes for the day."

Arts and Crafts director Annie Bianca talks of the activities the campers have shared this summer. "They have made beautiful tie-dye shirts, beaded key chains, and some very original candles. The children love *gimp* (a rubber lacing), so we make many items from that, or we make giant paper flowers, magnets from little wood chips, keepsake boxes, or sand art. This is my eighth year with Agawam camps, and I love it."

Agawam Special Events coordinator Jay Rossi promises a wonderful picnic by the Agawam Lions Club, complete with watermelon, hot dogs, juice, chips, and "the works." There is a Penny Carnival every year, a donut-eating contest once a week, sandcastle building, relay races, and sand volleyball (volleyball on a sand court).

Frasco and Fazio make the camp sound still more tempting, revealing that "every two weeks and the last Friday of camp, we have a pizza party. At least once per session, there are some freeze pops or little treats handed out, too."

Joe Bianca, Teen Camp director, has been with Perry Lane Summer Camp for five years. "We try to do a lot of sports activities geared more toward



SINCE 1987, THE PERRY LANE PARK DAY CAMP has provided an array of summer-time activities for the youth of Agawam and Feeding Hills. For more information about the Day Camp's programs, call 821-0514 or 789-1616. Advertiser News photos by Jack Devine.



their age, and we try to give them freedom to choose. We have field trips, such as a baseball game in New Britain, or we might pick a movie appropriate for older kids. We do things together, with activities, with activities like card tournaments, bocci, and croquet. It's a good way for this age group to stay entertained and we enjoy them."

Frasco will be leaving this job at the end of the season to accept another position, and she will be a loss to the camping community at Perry Lane. She has been with the camp since it started and says, "While it's time for me to make a change, I have really enjoyed working with the children and helping to create activities which they can enjoy. I will miss this job very much."

For more information about Perry Lane Day Camp and other programs through the Department of Parks and Recreation, call Christopher Sparks at 821-0514 or Perry Lane Day Camp at 789-1616.



**For copies of his photos in this edition,
please call Jack Devine at 789-0053...**

* * * * *

“Flag Day” Celebration At Clark School



DURING CLARK'S “FLAG DAY” CEREMONY, Student Council Vice-President Danny Geiger presented Mayor Christopher Johnson with a plaque thanking him for his work in education and helping with the expansion of the school.

Jr. High Non-Users Club Holds Annual “Summer Contest”

To help members remember their pledges over the summer, the Agawam Junior High Non-Users Club recently held its annual “Summer Contest” in which the following thought had to be completed:

I’m going to stay alcohol-, drug-, and tobacco-free this summer because...

Winning first place and two movie tickets was Jodie Pfau with the following entry:

“I’m going to stay alcohol-, drug-, and tobacco-free this summer because I have many exciting plans for my vacation which drug and alcohol use could ruin. Also, I always want to stay drug-free, so why start using drugs now? I’ve come so far without them. My summer is going to be dedicated to having fun, and I’m not going to take that fun away by using alcohol, drugs, or tobacco.”

Second place and a movie ticket went to Kevin Fleming’s entry:

“I’m going to stay alcohol-, drug-, and tobacco-free this summer because I want to have fun and don’t want to put myself or anyone else in danger and I want to be safe.”

Malerie Gardner’s entry earned third place and a movie ticket:

“I’m going to stay alcohol-, drug-, and tobacco-free this summer because my body doesn’t deserve the abuse of these harmful products. I play sports and I don’t want to see people run laps around me. I am looking for a good future and I don’t want to ruin my life ahead of me.”

Honorable mention went to excellent entries by Caitlin Holland, Kendall Hill, Anna Kiforishina, Scott Weller, Danielle Pisano, Steven Kane, Kerry McNamee, and Felicia Tran.

The movie tickets were provided by the Agawam Junior High School P.T.O.

The 327 Non-Users Club members (about half the school population) signed contracts agreeing to stay away from alcohol, tobacco, and other drugs. In return, they have been provided with monthly activities befitting such as drug-, alcohol-, and tobacco-free lifestyle. Such a large group also provides a large support network of peers to reinforce their commitment.

The recently-held “Summer Contest” was meant to give one last boost to their “Non-Users attitude” before the long vacation.

* * *

All the hometown news with us, each and every week ... AAN!!!



LAST MONTH at Clark Elementary School, the annual “Flag Day” ceremony featured songs and poems about our nation’s flag, as well as the presentation of Student Council awards to third- and fourth-graders. Advertiser News photos by Jack Devine.



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AHS Students Receive Scholarships From Expo. Alumni Fund

The all-volunteer Exposition Area Alumni Scholarship Fund has awarded \$12,250 in scholarships to 30 area students for the 1999-2000 academic year, boosting the nonprofit neighborhood organization's lifetime award total to more than \$300,000.

"With competition for the charitable dollar increasing every year, we're extremely grateful to the people and organizations that have supported the scholarship fund over the years," said Aldo Paier, Sr., a founder of the Exposition Area fund. "Our ongoing success is a reflection of strong neighborhood ties that have endured in many cases for nearly 40 years," he said.

The scholarship fund was founded in 1960 to benefit students from the Exposition Area of West Springfield. Now, with the children and grandchildren of original Exposition Area residents eligible for scholarships, awards are made to students from many Western Massachusetts towns and states other than Massachusetts.

"The common thread is a family tie to the Exposition Area, and it's become a way of extending family and neighborhood ties from generation to generation," said David Tuohey, scholarship fund president. "Most of our awards still go to students in West Springfield, Agawam, and other nearby communities, but we've also given scholarships to students living as far away as Illinois and California."

Scholarship awards are based primarily based on academic achievement and need. This year's award recipients include nine 1999 graduates of West Springfield High School, as well as numerous earlier graduates of West Side.

"The need for financial assistance has been increasing right along with the costs of a college education, and we're happy to be able to help these deserving students," said Guerino "Rocky" Semperebon, chief organizer of the scholarship fund's primary fundraiser, a golf tournament to be held this year on August 22nd at Shaker Farms Country Club.

Four students received memorial scholarship awards administered by the scholarship fund, including Theresa Wesley, a 1999 graduate of Agawam High School, who received the Thomas Gamelli Memorial Award, which is given to a student meeting scholarship fund qualifications; Jessica Dutton, a graduate of Agawam High School; and Trevor Brown of Feeding Hills.

The Exposition Area Alumni Scholarship Fund's eligibility criteria include a requirement that students, their parents, or grandparents were raised in the Exposition Area of West Springfield. Scholarships are awarded to graduating high school seniors planning to attend college as well as students already attending college.

"There's a good amount of work involved for those who plan and promote our fundraising events," Paier said. "But there's also great satisfaction in keeping a tradition like this alive," said Tuohey.

On Wednesday, July 28th...

Agawam Schools' Summer Band To Perform In Concert

The Agawam Schools' Summer Band will have a concert on Wednesday, July 28th. The concert, featuring many well-known pop tunes and traditional band music, will be held outdoors at the Junior High School in Feeding Hills at 7:00 p.m.

The Summer Band program has run for many years, and this year consists of 90 young musicians from the sixth grade through High School. The two bands are under the direction of Junior High Band Director Scott Thomson, with the assistance of area music teachers and college students.

In the event of inclement weather, the concert will take place indoors in the Junior High School auditorium.

* * *

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you...

* * *

Jr. Book Awards Ceremony At AHS



LAST MONTH, the Junior Book Awards Ceremony was held in the Agawam High School Library. From left to right: Neil Butler (History/Citizens Award from AHS), Nicole Ghaname (Westfield State), Rosemary Stratton (English Dept. Coordinator), Gabrielle Robinson (AIC), AHS Principal Joseph Zabielski, John Marcotte (Bentley), Mary Manning (Smith), Brian Gilhooly (Harvard), Anthony Goodrow (Rensselaer Award and Xerox Award), and James Borowiec (Brown and the Bauch & Lomb Award). Photo courtesy of Pulaski Photographic.



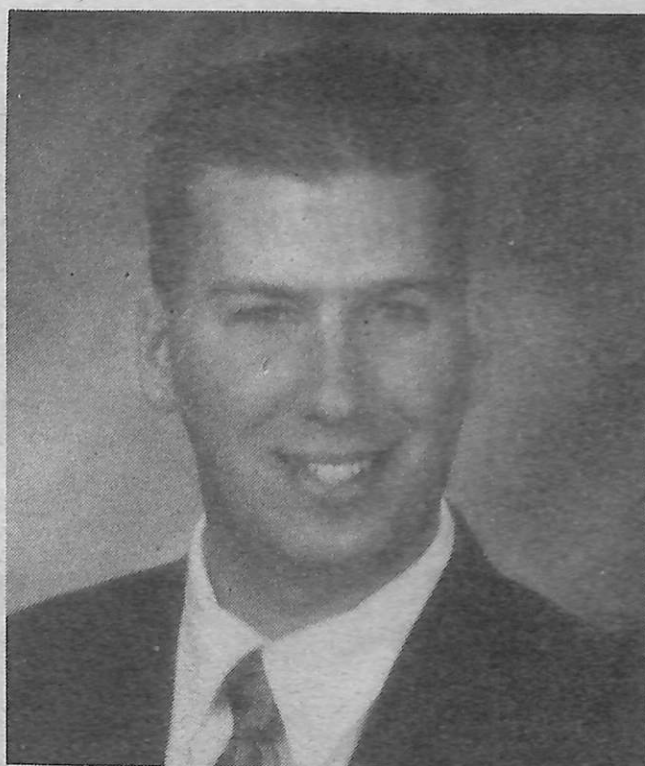
THE JUNIOR BOOK AWARD recipients with their proud family members. Photo courtesy of Pulaski Photographic.



JAMES BOROWIEC shows the Brown Book Award to his grandparents and Mrs. Stratton and Mrs. Hines. Photo courtesy of Pulaski Photographic.



JASON BIAGETTI



MARK BRITTAIN

Jason Biagetti And Mark Brittain Receive Degrees From Western New England College

Jason Biagetti and Mark Brittain, both 1995 graduates of Agawam High School, graduated from Western New England College on May 22, 1999.

Mark received a Bachelor of Science degree in Criminal Justice. He was named Honor Graduate and received the Academic Achievement Award in his major, attaining a 4.0.

Mark maintained Dean's List status throughout his four years. He graduated magna cum laude. He is currently employed in the Hampden County Court House in Springfield as a probation clerk.

Mark has been accepted into the Western New England College School of Law, where he will

continue his education this fall.

He is the son of Paul & Marsha Brittain.

Jason received a Bachelor of Science degree in Management. He attained Dean's List status during the fall and spring semesters of his senior year.

Jason graduated with a 3.40 cumulative grade point average. He is currently employed by the Enterprise Car Rental Company as a management trainee.

Jason is the son of Dennis Biagetti of Southwick and Allen & Debbie Collins of Feeding Hills.

Jr. High Reading Students Participate In Scrabble Tourney

As a vocabulary development tool, over 300 seventh-grade Reading students at Agawam Junior High School participated in "preliminary rounds" of a SCRABBLE Tournament.

Results from the games were then compared and the students with the four highest averages scored and present in school on Thursday, June 24th, competed in a final round.

With 144 points in the final round, Kristen Sopet won first place and a \$25 Savings Bond along with a gift package for two from the Showcase Cinemas.

Winning second place and two movie tickets was Amy Proulx. Whitney Greene and Steven Kane won third and fourth place, respectively, along with a movie ticket each.

The Reading teachers, Doris DeLevo and Jim Ryan, supplied prizes.

Agawam Students Named To Dean's List At Boston University

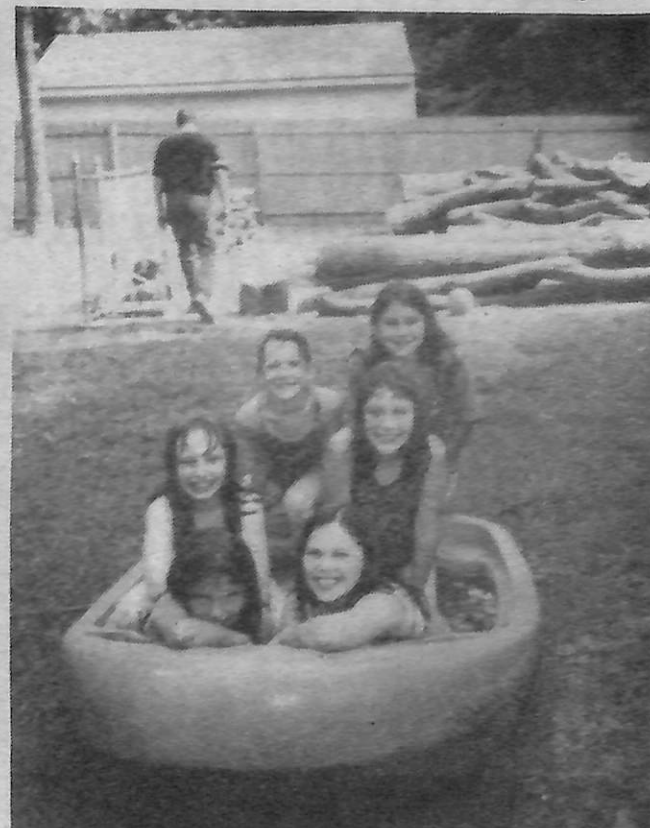
Agawam residents Stephen R. Cincotta, Jr. and Jennifer C. Giroux and Feeding Hills resident Jonathan M. Couture were recently named to the dean's list at Boston University for the spring semester.

Boston University is the third largest independent university in the United States, with an enrollment of nearly 30,000 students in its 15 schools and colleges.

The University offers an exceptional grounding in the liberal arts, a broad range of programs in the arts, engineering, science and professional areas, and state-of-the-art facilities for teaching and research.

Located in the heart of a city rich in cultural and intellectual attractions, the University is one of the nation's preeminent institutions of higher learning.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you...



AT TROOP 552'S Picnic & Awards Ceremony: back row - Nichole Diduk and Kayla Goehlert; middle row - Brianne Sacco and Ariana Galdamez; and front row - Kaitlyn Moriarty and Leah Marsh.

Troop 552 Enjoyed A Busy Spring Season

Troop 552 was busy, busy, busy this year. On April 17th, there was a benefit held for leader Lisa Marsh's baby daughter at the Polish American Club. All the girls in her troop helped out by serving dinner and selling raffle tickets.

On May 14th, 15th, and 16th, all the girls attended the Camporee at Camp Bonnie Brae. Thanks to Tracy Galdamez and co-leader Jessie Goehlert for staying with the girls all weekend.

On May 19th, we went on a field trip to Dave's Soda & Pet Food City, where a girl named Jessie (worker at Dave's) showed us all kinds of animals starting from snakes and lizards to adorable baby ferrets.

On May 26th, we went to a field trip to the Equine Blvd. Stables, where Holly Thompson, owner, showed us the horses and explained what kind they were and how to care for them. The girls each got to take a ride on a horse. When it was time to leave, each girl received a gift from Holly to bring home.

On June 2nd, we had our Picnic & Awards Ceremony at Leader Lisa Marsh's home. The girls played water games, had a cookout, and received their badges. (They earned eight Badges this year.) They also received a gift of a Beanie Baby from their leader.

The troop and leaders would like to thank all the parents for getting involved with their daughters in Girl Scouts. We would like to also thank Jessie Goehlert for helping me all year with the troop.

As leader of Troop 552, I want to congratulate the girls for a job well done. They are Leah Marsh, Kaitlyn Moriarty, Brianne Sacco, Ariana Galdamez, Kayla Goehlert, and Nichole Diduk.

Nicole M. Megatulski Receives Bentley College Book Award

Nicole M. Megatulski of Agawam, a junior at Longmeadow High School, was presented with a 1999 Bentley College Book Award.

Recipients of the prize have expressed interest in majoring in business in college and are nominated by their high school in recognition of their academic or extracurricular achievement.

The winner received *Probability I: Why There Must Be Intelligent Life in the Universe*, by Amir D. Aczel, associate professor of mathematics at Bentley College.

At Bentley College, the focus is on business, people, and technology. Nearly 4,200 undergraduate, 1,600 graduate, and 2,500 continuing education students learn in an environment that integrates information technology with a broad business and liberal arts curriculum, gaining knowledge, skills, and experience for careers in a global economy.

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JENNIFER LYNN BENJAMIN

Jennifer L. Benjamin Earns Master's Degree From Westfield State

Jennifer Lynn Benjamin recently graduated from Westfield State College with a Master's Degree in Special Education.

She is employed at White Oak School in Westfield, where she is a Special Needs teacher.

She is the daughter of Paul & Marsha Brittain and resides in Agawam with her husband, John Benjamin.

Please patronize your local businesses ... AAN!!!



Sports

Coach Myers Must Be Doing Something Right...

Town Team Enjoying Great Season In Little League

Agawam All-Stars Victorious Over Westfield North, 10-7

by Dave Rollins
Sports Editor

The Agawam Little League All-Stars came through again, with a 10-7 victory over defending sectional champs Westfield North in the regional playoffs on Tuesday evening, July 20th, at the Agawam Little League facility on School Street, Agawam.

It again showcased the tenacity of the locals, who led big, then had to suck it up and fight off a charge by the defending district champions. The incentive was there on both sides in this consolation game — the loser faced the grim specter of elimination.

Agawam was declared the visitor in this one, which raised the possibility that they would go in to the final inning down, with no chance for some final heroics. The faithful needn't have worried. Any heroics to be had came way before the final out.

Agawam sent Andrew Wakelee to the mound. The 12 year-old cruised for three innings, had eight of his 13 strikeouts in that time, and was working on a no-hitter.

Meanwhile, the Agawam offense got a run in the third. Third baseman Andrew King led off with a double and scored when Wakelee hit one to Westfield shortstop John Morris. Morris hesitated, trying to hold the runner. His throw to first was too late, and King took third. Then, Westfield tried to pick him off. But the throw was high into leftfield and King sprinted home.

Agawam Sends 12 Hitters To The Plate...

Agawam put the hammer down in the fourth, sending 12 hitters to the plate which produced seven runs. Tom DeCosmo drew a leadoff walk. Kevin Malloch laid down what was to be a sac bunt. Westfield pitcher Tom Bozak had the easy play at first, but decided to try for DeCosmo, who was rambling into second. Everyone was safe. Ryan Walsh tried a sac bunt of his own and was safe on Bozak's overthrow to first base.

Meanwhile, DeCosmo came home, staking Agawam to a 2-0 lead. Ryan "Big Train" McLane was next. He punched a ball back up the middle that was booted by Morris at the second base bag.



KEVIN MALLOCH at bat for the Agawam Little League All-Stars. Advertiser News photo by Jack Devine.

That error drove in Malloch. Zack Laponese joined the fun with a sky ball to leftfield that fell behind the outfielders for a double. That blow saw Walsh and McLane dash across the dish. Some Keystone Cops defense in the Westfield infield saw Laponese take third.

Agawam, now up 6-0, wasn't done. King singled Laponese home. Wakelee walked. Derek Myers took a good look and drew a one-out walk. It was

DeCosmo's turn again as Agawam batted around. He singled in King and Wakelee for Agawam's final two runs of the inning and an 8-0 lead.

Westfield Fights Back...

Yogi was right when he said, "It ain't over 'til it's over." Westfield didn't become district champion and state semi-finalist in 1998 by mailing in the score. They came back, sending 10 hitters to the plate — and coming up with six runs of their own — to close things to 8-6 after four.

But, according to Agawam Coach Ralph Myers, things were still under control. "We were a little surprised that they got those runs, especially against Andrew. But they had some good bunts that hurt us. We knew the top of our order would be up and that was a plus for us," he said.

Indeed it was. With one out in the top of the fifth, Laponese stepped into the box and walked. With two outs, Wakelee loomed over the plate. He proceeded to drill a fastball 50 feet past the leftfield fence for his third round-tripper of the tournament. The two-run job made it 10-6, Agawam.

Westfield would score one more in the bottom of the inning. But 10-7 was as close as they would get.

While Westfield was done for the season, Agawam (at this writing) prepared to meet Amherst at the Little League field in Agawam on Wednesday night, July 21st.

At presstime, Agawam is 4-1 in the tournament.

AGAWAM STATS: Zack Laponese — 1-3 (2B), 2 RBI, 2 RS; Andrew King — 2-3 (2B), 1 RBI, 2 RS; Andrew Wakelee — 2-3 (HR), 2 RBI, 2 RS; Scott Gates — 0-2; Kevin Bienia — 0-2; Teresa Bonavita — 0-1; Kevin Malloch — 1-3, 1 RS; Jordan Buiso — 0-1; Nick Petrangelo — 0-2; Steve Powers — 0-2; Derek Myers — 1-1; Tom DeCosmo — 1-2, 2 RBI, 1 RS; Walsh — 0-3, 1 RBI, 1 RS; McLane — 0-1, 1 RBI, 1 RS.

PITCHING: Wakelee (W) — 6 IP, 7 H, 7 R, 5 ER, 0 BB, 13 SO, 5.00 ERA.

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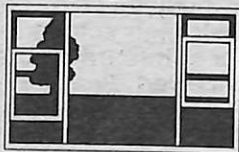
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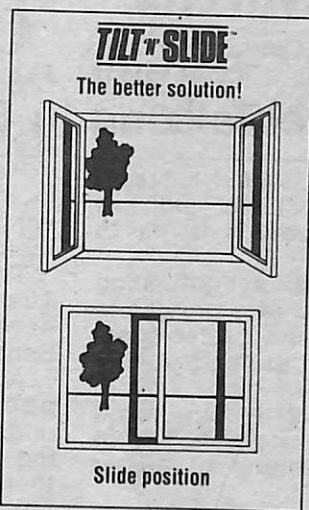
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A Must-Win Game For Both Teams...

Agawam Little Leaguers Come Away With 3-2 Win Over Longmeadow

by Dave Rollins
Sports Editor

The Agawam Little League All-Stars were in action again on Friday evening, July 16th, against visiting Longmeadow at the Agawam Little League facility on School Street in Agawam Center. It was another must-win situation for both teams.

This was a tough test for the locals. Their 3-2 win was highlighted by some good pitching, fine defense, and the ability to squirm out of several gut-check situations.

Ryan McLane started on the hill for Agawam. His team got all the runs they would eventually need in the first. Zack Laponese led off the home half of the inning with a single up the middle. Scott Gates reached on an error when the Longmeadow first baseman dropped a throw on a ground ball to second.

Andrew Wakelee punched a single to left. Laponese, at third, came home on a passed ball for Agawam's first run. McLane helped his own cause with a single to right, driving in Gates. With runners on second and third, Kevin Biena then lofted a sacrifice fly to left, sending Wakelee home, for the 3-0 early lead.

McLane was cruising for the most part until the fourth inning. Two walks and a slap double to right with one down by Dan Polito saw Longmeadow narrow the gap to 3-2. However, a strikeout (McLane's seventh) and a groundout extricated him from the semi-jam.

It was a hot, humid early evening, and the toll began to show in the Longmeadow fifth. McLane hit leadoff hitter Kent Graham. The Agawam coaches made their move. "We could see Ryan was running out of gas in the fourth inning. He'd given everything he had. So his day was done," Coach Ralph Myers said.

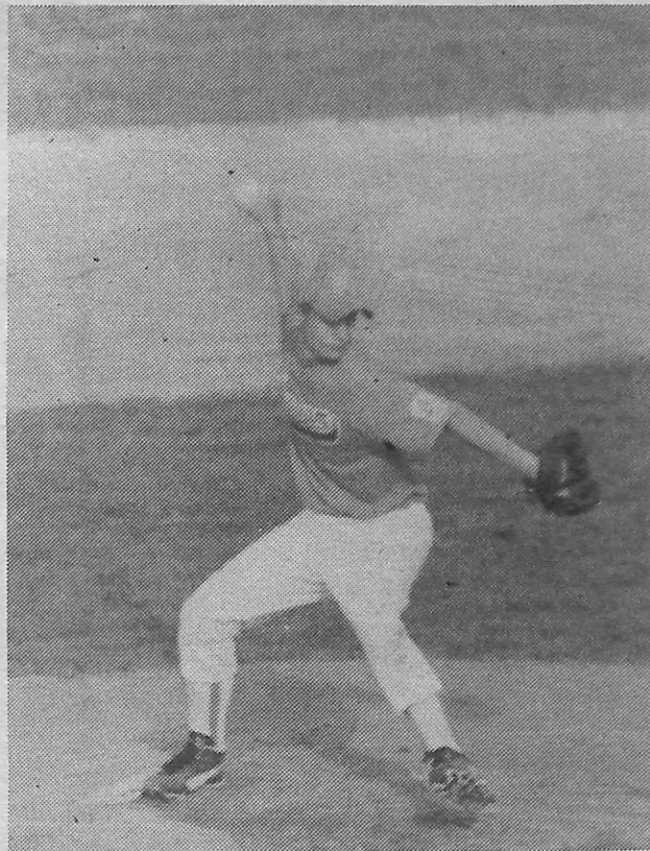
Ryan Walsh got the call, coming on with the tying run on first, the go-ahead run coming to bat, and no outs. Walsh punched out the first batter he faced. The second hitter, Joe Benari, drove a long flyball (which had trouble written all over it) to deep center.

The Play Of The Game...

In the play of the game, centerfielder Kevin Malloch gave chase and, at the fence, grabbed the ball over his right shoulder on the run while falling forward. His throw-in was quick and chased Graham, who was about ready to round second back to first. That outstanding play was all the more crucial when the next kid up singled and the one after him walked, loading the bases.

It was now gut-check time for Walsh. He didn't disappoint the faithful, ringing up pinch-hitter Tom Brown on strikes with the bases loaded.

Longmeadow wouldn't go away, however. The sixth inning saw it once again wedge a foot in the door. Two straight singles started things off. Walsh, in his final season of Little League ball, was up to the challenge. He dug deep, dusting the next three hitters, preserving the win for the team,



ANDREW WAKELEE of the Agawam Little League All-Stars is always ready to take on the opposition. Advertiser News photo by Jack Devine.

McLane, and getting a save for himself. That set up a meeting with defending Division II champion and state semifinalist Westfield North, which beat Northampton on Friday, 4-3.

AGAWAM STATS: Laponese — 2-2, 1 RS, 1 SB; Gates — 0-2, 1 RS; Wakelee — 1-3, 1 RS; McLane — 1-3, 1 RBI; Biena — 1-1, 1 RBI; DeCosmo — 0-3; Bonavita — 0-1; Busio — 0-3; Myers — 0-1; King — 0-1; Walsh — 0-1; Malloch — 1-1; Petrangelo — 0-1.

PITCHING: McLane (W) — 4-plus IP, 3 H, 2 R, 2 ER, 2 BB, 6 SO, 3.00 ERA; Walsh (S) — 2 IP, 3 H, 0 R, 0 ER, 1 BB, 5 SO, 0.00 ERA.

LONGMEADOW: 2 R, 6 H, 3 E, 9 LOB; **AGAWAM:** 3 R, 5 H, 0 E, 6 LOB.

9-10 KIDS:

The 9-10 All-Star team beat Southwick, 16-15, in a game that was called by darkness on Friday night and resumed Saturday morning. At this writing, they were getting ready to play their next tournament game (Monday evening, July 19th, versus Longmeadow).

Locals Take It, 11-0...

Agawam All-Stars Trounce Visiting Westfield South

by Dave Rollins
Sports Editor

When your back is up against the wall and you can't afford to lose another game, then it's time to up the level of yours. That's what the Agawam 11-12 Little League All-Stars have been doing as of late. The venue was the District II championships. The Agawam team, with a record of 1-1 and in the consolation round, hosted Westfield South last Wednesday, July 14th, at the Agawam Little League's School Street facility in Agawam Center. A loss and, for this year at least, you are history.

Agawam won it, 11-0 (thus eliminating Westfield South) on a strong pitching performance by Andrew Wakelee (4 IP, 2 hits, 3 SO, 0 walks) and an eight-hit attack. The game, which was scheduled for six innings, ended abruptly in the home half of the fourth when Ryan McLane, his team ahead 8-0, belted a three-run homer over the leftfield fence, thus invoking the mercy rule.

The team, which beat Southampton, 9-2 in the first round of the tournament, then fell 11-5 to Northampton in the second (thus dumping them into the realm of no tomorrows) was nervous coming into this one. "We talked to the kids and told them just to go out and play, do what they had to do and, most of all, have fun," Coach Ralph Myers said.

The Agawam All-Stars, with the win, went to 2-1 and were getting ready to meet Longmeadow on Friday of that week in the fourth round of the tournament.

AGAWAM STATS: Zack Laponese - 2-3, 1 RS; Andrew King - 0-2; Andrew Wakelee - 2-3 (3B), 3 RBI, 1 RS; Kevin Biena - 0-2, 2 RS; Tom DeCosmo - 0-1, 2 RS; Scott Gates - 2-2 (2B), 2 RBI; Teresa Bonavita - 1-2, 2 RBI; Steve Powers - 0-0; Nick Petrangelo - 0-2; Kevin Malloch - 0-1, 1 RS; Jordan Busio - 0-1; Derek Myers - 0-0, 1 RS; Ryan McLane - 1-1 (HR), 3 RBI, 1 RS.

WESTFIELD: 0 R; 2 H; 3 E; 2 LOB; **AGAWAM:** 11 R; 8 H; 0 E; 5 LOB.

In a game also played that evening at Memorial Field in the 9-10 Division II playoffs, Agawam beat Easthampton 16-0 to advance to a game Friday against Southwick. One note in that game - Agawam had it won, 12-0. But, Southwick wanted to play on. So they did, and the Agawam kids just kept putting the wood to the visitors before they cried uncle.

* * *

For copies of his photos in this edition, please call Jack Devine at 789-0053...

* * *

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Make Your Own, Each Topping	75¢

Veggi Calzone:	\$6.95
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Mozzarella, Gorgonzola Cheese, Roast Beef, Mushroom & a touch of Marinara Sauce	

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Green Pepper, Onion, Mushroom, Pepperoni, Sausage, Mozzarella Cheese & Tomato Sauce	

Grinders 8" - \$3.75 16" - \$6.65

Comes with Lettuce, Tomato & Mayonnaise
Served HOT or COLD

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Choices: Tuna Fish, Ham & Cheese, Turkey, Cheeseburger, Cold Cut, Veggi, BLT	
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Hummus Wrap - with Vegetables & Hummus	\$3.95

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Cup - \$1.50	Bowl - \$2.50
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Penne Rosano:	\$5.95	\$7.95
Sauteed beans with shallots, spinach, roasted garlic & provencal sauce with Penne pasta. Excellent choice.		
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Cajun Chicken Linguine:	\$6.95	\$8.95
Julienne chicken, hot sausage, seasonal vegetable & red sauce.		
Chicken Gorgonzola:	\$7.95	\$9.95
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Chicken Oreganata:	\$6.95	\$9.95
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Chicken Florentine:	\$6.95	\$9.95
Grilled chicken with lemon, dill, white wine sauce and a touch of cream served over linguine.		
Chicken & Broccoli Alfredo:	\$6.95	\$9.95
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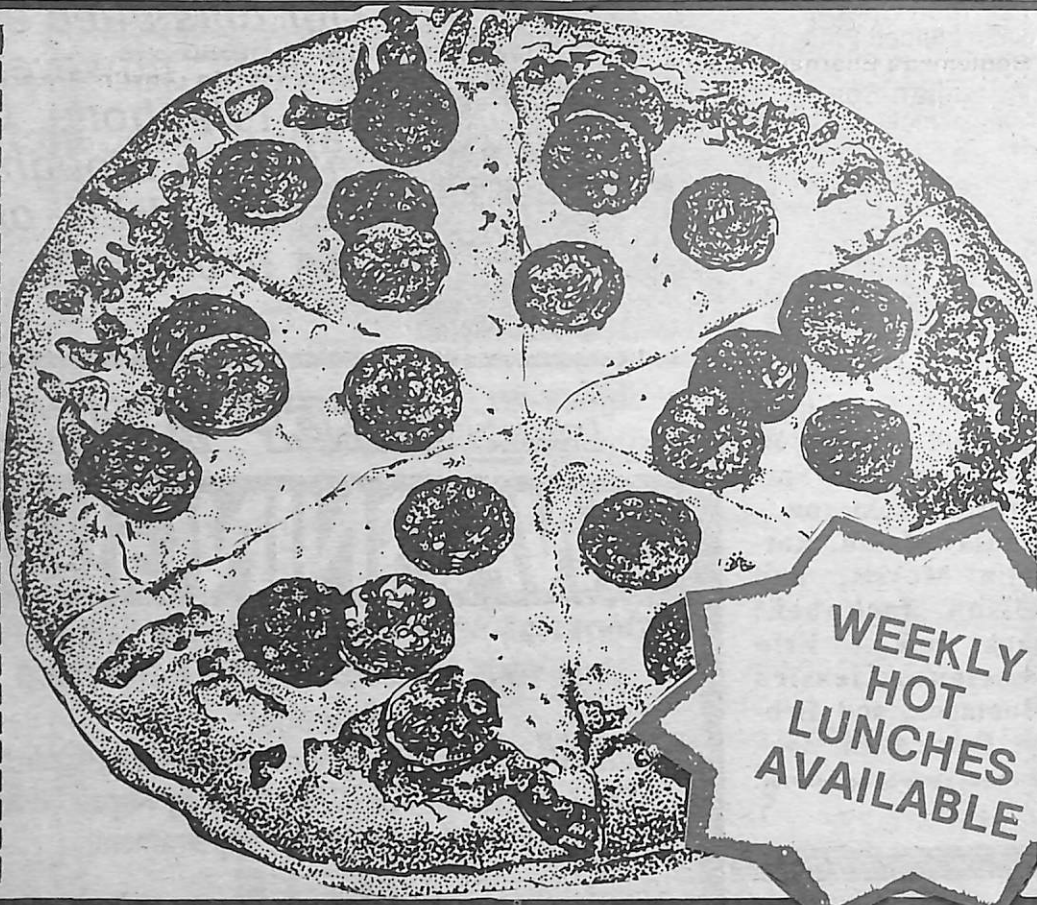
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At Softball Banquet...



AHS VARSITY SOFTBALL COACH Debbie Lickley (center) with her 1999 captains, Lindsay Mason and Jessica Montagna, at the post-season banquet. Advertiser News photo by Jack Devine.



AT THE SOFTBALL BANQUET, which was held at the Colosseum in West Springfield: front row - Lindsay Mason, Kornelia Moysis, and Alison Jackobek; back row - Erin Rescigno, Jessica Montagna, and Debbie Boissenault. Advertiser News photo by Jack Devine.

For photo coverage in The AAN, please call photographer Jack Devine at 789-0053.

Profile...

Nikita Reshamwala's Confidence Benefited Agawam Girls' Lacrosse

by Dave Rollins
Sports Editor

One of the reasons the Agawam High girls' varsity lacrosse team went to the playoffs last month was the play of senior Nikita Reshamwala. Recently, the graduate took some time out to talk about her days as a Brownie.

She turned 18 on February 20th. She spent all four years of her secondary education at AHS. Nikita took AP English, AP physics, fourth-year French, and was the associate editor of the yearbook. She won the prestigious "Dartmouth Book Award For Excellence" in English. She was a many time member of the honor roll and a member of the National Honor Society. Nikita carried a 97.72 grade point average during her AHS career. Her favorite teacher was Mr. Pelligrino. "I've known him since the second grade," she said.

She'll be attending Villanova University in Philadelphia in the fall. Her major will be business management. She played both soccer and lacrosse at Agawam High. Lacrosse was her favorite sport. Her most memorable moments in lacrosse came against perennial Western Mass. powerhouse Longmeadow High. "Every game against them was special because they were so good. I think we all played our best when we faced them."

Any kind of ice cream is her favorite food.

Any color suits her.

If she could pull into Villanova in any car, it would be a BMW convertible.

When Nikita wants to relax, it's at a dance club.

She likes to dress in nice clothes. "I like retro stuff. I always want to look my best," she said.

She says any kind of music, except country and hard rock, appeals to her.

"Party of Five" is her pick on the tube. "Titanic" is her favorite flick.



Her mom's name is Mina. Prabodh is her dad. She has two sisters - Neha (26) and Rita (20). Rita is a former AHS athlete who is also going to Villanova.

Girls' lacrosse Coach Cindy Grieve had this to say about Nikita: "She was a very mature young lady. She was very confident in her ability to play the game of lacrosse."

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take classified ads over the telephone. Classifieds (accompanied by payment) must be brought to our office at 14 Southwick Street, Feeding Hills, or mailed to P.O. Box 263, Feeding Hills, MA 01030.



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THE AGAWAM VIPERS: back row — John Leydon, Jimmy Valenti, Jimmy Pietroniro, Jeff Lagasse, Steve Powers, Mike Uzar, Carlo Ronca, and Matt Sabola; front row — Sam Mancini, Johnathan McGeoghan, Ben Bruiso, Dave Zaffetti, Danny Cosgrove, and Shawn Santos.

In PVSL's U-11 Boys' Division...

Third-Place Agawam Vipers Compete In The Playoffs

The Agawam Vipers U-11 boys' soccer team recently completed a successful spring season. During the regular season, they came in third in their division in the Pioneer Valley Soccer League.

They started off the season with several tough losses, but soon developed into a strong team that seemed to get better with each game. This was evident in the playoffs where they defeated West Side, 3-1 to play for the championship against Brookside.

Though they played hard, the first place Brookside team proved to be a tougher opponent

and won, 4-0.

The team players include Ben Bruiso, Danny Cosgrove, John Leydon, Jeff Lagasse, Sam Mancini, Johnathan McGeoghan, Jimmy Pietroniro, Steve Powers, Carlo Ronca, Matt Sabola, Shawn Santos, Mike Uzar, Jimmy Valenti, and Dave Zaffetti.

The coaches were Paul Lagasse and Terry Bruiso.

We look for this team to lead the PVSL in their division in the fall.

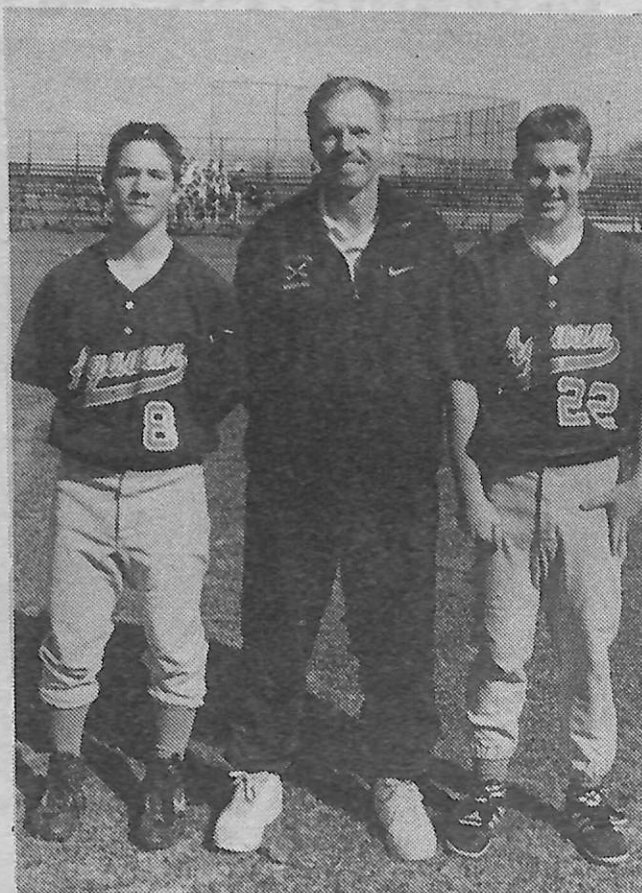
In Sacred Heart A.A....

13-17 Softball Champs



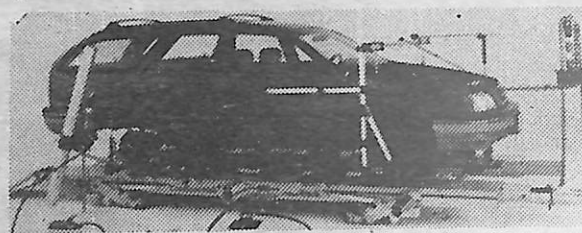
PICTURED ABOVE ARE THE Sacred Heart 1999 13-17 softball division champions and (for the second year in a row) the playoff champions: back row — Coach Gary Shean, Danielle Hogan, Vicky Taylor, Kristen Strole, and Coach Joanne Taylor; middle row — Kerri Merriam, Becky Berte, Danielle Craig, Jill Moccio, and Coach Chris Blanchard; front row — Nicki Gutowski, Aimee Beaudette, and Athena Mastroianni. (Missing from photo: Coach Carl Ritchie and Nicole Yvon.)

Leading Frosh Baseball



PAUL BACHINI (center), the coach of Agawam High School's freshman baseball team, with his 1999 captains — John Lynch and Brian Knight. Advertiser News photo by Jack Devine.

For copies of his photos in this edition, please call Jack Devine at 789-0053...



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Learning The Basics At The Coaches Baseball Camp...



THIS PAST WEEK, the first session of the Coaches Baseball Camp was held at Sacred Heart Church. Beginning next Monday, July 26th, the camp will commence with its second week-long session. For further information, call 789-4792 or 786-7729.



MEAGHAN KELLY

Meaghan Kelly Breaks Mile Record At Junior High

Meaghan Kelly, 13, a soon-to-be eighth grader at the Agawam Junior High, last month broke that school's record in the mile run with a time of 5:58 as a seventh grader. The previous record was set in 1992 in a time of 6:04.

Under the supervision of physical education teacher Cindy Grieve, each girl in the seventh and eighth grade at the Junior High participated in the competition, which consisted of loops around the parking lot. Meaghan acquired the record on a sunny and hot day.

She is a four-term member of the school's honor roll and plays goalie for the U-13 Agawam Lightning in the Pioneer Valley Girls' Junior Soccer League and for the Pioneer Valley U-13 Select MAPLE team. Meaghan also played on the Agawam Athletic Association's 7th/8th grade Division II basketball team last winter, and recently played for the U-13 Western Mass. Cheetahs AAU basketball team.

She is the daughter of Brian & Nancy Kelly of South Brook Lane.

Ag.-Riverside Wins Title, Heads For States



IN THE JOHN L. SULLIVAN 14 and under Sandy Koufax "A" division, it was Agawam-Riverside winning both the league and playoff championships. Finishing with a perfect 4 wins and 0 losses in the playoffs, Agawam-Riverside now heads into the state tournament to be held in Longmeadow, MA, July 23rd-26th. Agawam-Riverside used unstoppable hitting, solid pitching, and good defense to bring home the trophy. Winning the double elimination state tournament would mean a trip to New Jersey for the locals, who would then play in a regional tournament. Standing: Coach Brian Rheault, Coach Peter Donah, Mike Dombrowski, Vinnie Moretti, Matt Shea, Sean Burke, Ryan Lottermoser, Coach Peter Clark, and Team Liaison Don Rheault. Sitting: Neil Donah, Casey Federico, Joe Clark, Mike Carmody, and Matty Rheault. Lounging: Coach Paul Federico. (Missing from photo: Dave Bienia and Mike McGeoghan.)

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Master Illusionist Re-Appears At Riverside Park

*New Dark Ride Conjures
Spirit of Houdini*

Riverside's newest adventure, the \$4.5 million **Houdini's Great Escape**, opens to the public this weekend. The new ride completes Riverside's 1999 expansion plans.

"Houdini is the ride of the future," says Jerry Gretzinger, PR Manager. "There are only two other rides like this in the world. We're very excited to have one of them at Riverside."

Houdini's mysterious Gothic mansion beckons guests to enter. Up to 80 brave souls are escorted into the late magician's elaborate workshop. Inside are the tools of his trade, including the famous air-tight water chamber Houdini escaped from. An exciting pre-show chronicles some of Houdini's greatest feats, but none so great as the one guests will witness.

Doors swing open to Houdini's parlor, where the legendary showman will attempt his most difficult challenge and escape from the chains of death. But, beware as Houdini brings you to the underworld and challenges you to escape. After an exhilarating 10-minute experience with Houdini, you may never again know the difference between reality and illusion.

Designed by Showquest Studios, Houdini's Great Escape simulates 360-degree, head-over-heels rotations while only moving the audience 30 degrees. Rolling walls and other mystical effects give the impression that the entire room has been ripped from the earth. "Houdini demonstrates the latest in ride technology," says Gretzinger. "It's like nothing you have ever seen."

Riverside Park is open for daily operations through Labor Day and weekends through Halloween.

Riverside Park is owned by Six Flags Theme Parks, part of Premier Parks, Inc., the world's largest regional theme park company with a total of 33 parks in the United States, Latin America, and Europe.

Six Flags parks serve 16 of the 25 largest metropolitan areas in the United States. The parks annually host nearly 40 million guests worldwide. Premier Parks is a publicly-held corporation with corporate offices in New York and Oklahoma City. The company's stock trades on the NYSE under the symbol: PKS.



Golf Tip Of The Week...

Compiled by
Jim Modzelesky,
PGA
Oak Ridge Golf Club,
Feeding Hills, MA

An Easy Workout...

It's a sound idea, especially for older golfers, to stretch before a round of golf.

Probably the simplest stretch is to tuck a long iron under your arms and behind your back and then twist your upper body. To stretch the rib cage, raise your right forearm, grab your right elbow with your left arm, and pull across your body (do the reverse with the left elbow and right hand).

A more precise warm-up routine involves swinging a couple of clubs at a time, but gripping them can be awkward. You might want to invest in a weighted club (but don't get one that is too heavy; you don't want to pull any muscles).

Summertime Hours In Effect At Perry Lane Pool

The Perry Lane pool is now open from 12:30 to 4:30 p.m., Monday through Friday. This weekday schedule will be in effect until Friday, August 27th.

The pool will also be open on Saturdays and Sundays from 12:00 to 6:00 p.m. now through August 29th.

Daily pool passes are available at the pool. The passes are \$1 for adults and children age six and older and 50 cents per person for children age five and younger.

People are reminded that floatation devices are not allowed in the pool and children under the age of 12 must be accompanied by an adult at all times.

— ADVERTISER NEWS —



Outdoors New England

by Kent Servis
Outdoor Writer

Bluefish Blitz...

Bluefish are terrific fighters, and some very respectable fish came over the side during the morning session as we drifted over the shoals at Cornfield Point just west of Old Saybrook. Small Kastmasters and Hopkins spoons were the hot lures. A large school of mid-sized blues were tearing up some smaller baitfish. A hit per cast was the average for quite a while, as the carnage went on for several hours.

For those unfamiliar with bluefish, they have been described as life-support systems for teeth. Anything that swims and can almost fit into their mouths is fair game. Fish that are too large to get into their mouth are simply chomped in half or whatever bite-sized pieces are necessary.

Gluttonous eaters, when a bluefish is full and the feeding frenzy is continuing, they will regurgitate their stomach contents and start over. When the opportunities exist to battle one of these eating machines (or "choppers," as they are known) on light tackle, the battle is memorable.

When removing the hook from a bluefish, a pair of long-nosed pliers is almost mandatory. More than one person has lost all or part of a finger while trying to unhook a large blue. This is definitely one species that absentminded bass fishermen should not try to "lip land."

FRESH WATER

Congamond Lakes — Kurt at Saunders Marina reports that bass action has been consistent. Some large pickerel are also being taken by anglers. Bass are holding in deep water during peak activity times. Jigs and tube lures are accounting for quite a few of the better fish. Plastic worms fished off the deep weedlines are also producing.

Valley streams are giving up a few nice trout for those willing to hit the streams at sunrise and at dusk. The Westfield River is reported to be giving up a few of its lunker trout in the vicinity of the Turnpike bridge and downstream areas.

Five Mile Pond in Springfield is producing some decent largemouth action on the deep side of the shoal near the center of the eastern portion of the lake. Soft plastics and jigs are working during the day, and suspending jerk baits like the new K.B. Special are taking fish under the low-light conditions.

Connecticut River smallmouth are hitting again! A return to somewhat more normal water levels has stabilized the action. Lead head jigs with a twister tail grub are working in the deeper channel cuts and on the downstream side of the deeper bridge supports. The Rte. 91 bridge and the Rte. 391 bridge are producing some fairly large walleyes for night anglers.

SALT WATER

Bluefishing has picked up both in inshore waters as well as at popular spots such as the Race and Plum Gut. Charter boats and party boats that are targeting the blues are having pretty good luck with some real heavyweights coming over the sides. Some surface action has been reported off of Hatchett's Reef, Cornfield Point, the mouth of the Connecticut River, and on the north side of Fisher's Island.

Stripers are everywhere on the Cape and North Shore. Almost half of the fish are at keeper-size.

Long Island Sound has not had quite the striper action as the Cape and vicinity, but there are plenty of bass to be had. Several recent trips to Fisher's Island Sound have produced some really nice fish along the shorelines at night. Some four-foot jumbos have been taking live eels in two feet of water along boulder-strewn shorelines.

Offshore action has found some bluefin tuna action in close with catches of yellowfin in the 40- to 75-pound class. The yellowfin are being found near the canyon edges a considerable distance off shore.

Sharking continues strong with some large blues and an occasional mako being taken.



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Joe Czarnecki Wins First NASCAR Modified Feature

*NASCAR Winston Racing Series
Returns To Action In Agawam...*

The NASCAR Winston Racing Series returned to action at Riverside Park Speedway on Saturday, July 17th, and Joe Czarnecki of Westfield won his first career modified feature.

Other winners from Saturday night were John Lobo, Jr. of Southampton in an exciting finish for the Teddy Bear Pools Pro Stocks, Rob Valerio of New Britain, Connecticut in the 30-lap Teddy Bear Pools Truck feature, and Norm Ashline of Springfield in the 25-lap Sportsman main.

The New England Dodge Dealers Legends Tour was also in action, and Shawn Buffington was the feature winner. The Atlantic Coast Old Timers (ACOT), which features restored midgets from various eras, raced at Riverside Park Speedway for one final time. Bob Rich of Seymour, Connecticut drove his No. 22 Sesco-powered midget to victory in the exhibition event.

In the 51-lap NAPA Modified event, Czarnecki paced the field in the No. 1 TG Racing Chevrolet while points leader Eddy Spiers applied pressure from behind. Czarnecki's family has pioneered modified stick car racing in New England for many years, and Joe proudly added his name to the all-time Riverside Park win list on Saturday night. Spiers settled for second, followed by defending champion Jimmy Broderick, Ted Riggett, and Tom Jensen in fifth place.

In the 40-lap Pro Stock feature, the race came down to the final turn as Lobo and Barry Gray raced side-by-side. Coming off turn four, the two cars connected and roared across the finish line sideways. When the dust settled, Lobo had earned his second win of the season ahead of Gray. Jim Banfield was third, followed by Jay Miller and Patrick Townsend.

Valerio's win in the truck feature also came down to the wire, as he fought EJ Legacy in the closing laps. When the white flag appeared, neither driver let up, and Valerio barely edged out Legacy at the finish line. It was Valerio's second win of the season. Behind Legacy, Mike Salmond finished third following by Ernie Tarca and Skip Breunig.

Ashline's win in the Sportsman feature was his third of the year, an impression start for the rookie Sportsman division driver. Plantsville, Connecticut's Dennis Brilla was second, followed by Derek McLellan, Jonn Waterhouse, and Henry Petrie, Jr.

Next week, the pressure is on for Riverside Park Speedway's competitors, as all features on Saturday, July 24th will carry double points. The NAPA Modifieds will race 51 laps, along with the Teddy Bear Pools Pro Stocks, Teddy Bear Pools Trucks, Sportsman, Super Stocks, and Figure 8's.

For more information, call (413) 786-9300 or visit www.riversideparkspeedway.com on the world wide web.

Bay West Youth Hockey Registration On Tuesday, July 27th

The Agawam/West Springfield Hockey Association (Bay West) will be holding registration for the 1999-2000 season on Tuesday, July 27th, from 6:00 to 8:00 p.m. at the Dante Club, 1198 Memorial Avenue, West Springfield.

The programs available include "Learn To Skate" through Midgets (14 to 16 years).

The registration fee for all programs is \$150 per person, and any additional person(s) from the same family will be \$75.

For more information, please contact Jay Sylvain at 786-0275.

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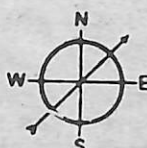
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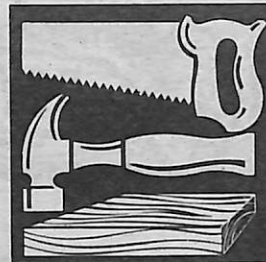
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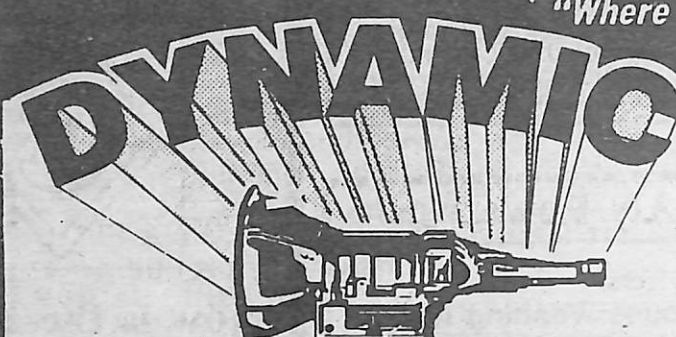


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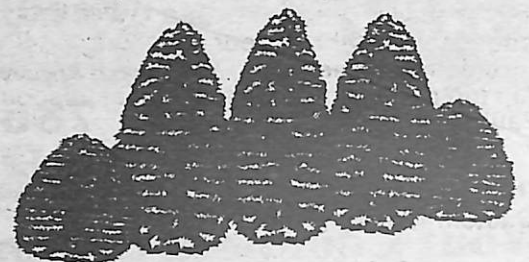
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WANTED: Library Circulation Technician, part-time. \$6.75 per hour. 4:15 p.m. to 8 p.m., Monday through Thursday, and Saturday, 9:45 a.m. to 1 p.m. High School diploma preferred. Experience working with the public in a service capacity a plus. Responsibilities include: checking materials in and out, processing books, telephone and in-person customer service. Excellent communication skills, good manners, and a positive attitude essential. Apply in person at Southwick Public Library, 95 Feeding Hills Rd. (Route 57), Southwick, MA. Position open until filled. No telephone calls.

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GIANT TAG SALE: Sporting equipment (fishing, golf, soccer, basketball), furniture, small appliances, clothes, toys. July 24th, 9 a.m. to 4 p.m.; July 25th, 11 a.m. to 4 p.m. 42 South Brooke Lane, Agawam (off South St.).

* * *

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you...

* * *

* * *

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take classified ads over the telephone. Classifieds (accompanied by payment) must be brought to our office at 14 Southwick St., Feeding Hills, or mailed to P.O. Box 263, F. Hills, MA 01030.

* * *

Phipps Discount Liquors





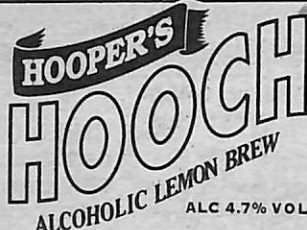
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*Prices Effective
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